SELF-CARE CHALLENGE

How it works: Give yourself a sticker for each box you complete. You can get one sticker per day. Once you get to 15 stickers, turn this in for a surprise treat – or award one to yourself!

Bonus points (x2) for items that help encourage connectedness!

Why: Adulting during a pandemic is hard! And teachers love sticker charts!

Read for pleasure for 30 minutes	Dance for an entire song	Practice gratitude: write down a list of 5 things I'm grateful for	Wear something I love
Bonus: Talk to someone I've been meaning to catch up with on the phone	Cook an entire meal from scratch	Take an entire day off from social media	Treat yo' self! Do something that feels awesome
Compliment someone	Enjoy a delicious beverage	*Bonus:* Write someone a hand-written letter	Take care of my body! Yoga, stretching, walking-- anything!
Do 10 minutes of meditation or breathing exercises	Plant something	Start my day with my favorite song	Eat something green in every meal
Get creative: draw, paint, craft, create	Take my vitamins/ medications	Play a game	*Bonus:* Ask someone for help with something important

Need more motivation? Start a #selfcare hashtag for your school!