**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!

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| 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!