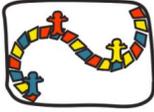


# Mental Fitness Challenge

Mental health is just as important as physical health. Every day, try to do one or more things on the challenge board. When you do, give yourself a pat on the back and a star on the board. Can you do more than one a day? **YES!** Can you repeat an activity? **YES!** Make it a goal to do every challenge on the board.

 <p>Take a walk.</p>	 <p>Over dinner, talk about three things you are grateful for.</p>	<p>Send an email or message to someone you love.</p> 	 <p>Plan a family activity night, like game night or movie night.</p>	<p>Be with nature. What do you notice?</p> 
<p>In the morning, talk about something you are excited about that day.</p> 	 <p>Donate to an organization.</p>	 <p>Draw a picture of something or someone you are grateful for.</p>	 <p>Make a list of 3 things you want to do this year.</p>	 <p>Sing a song with someone.</p>
<p>Do one random act of kindness today.</p> 	 <p>Tell someone something you like about yourself.</p>	 <p>Write down one thing you want to get done this weekend...then get it done!</p>	 <p>Smile and say hello to everyone you see today.</p>	 <p>Focus on the positive. Try not to complain about anything today.</p>
 <p>Limit screen time today.</p>	 <p>Read a book.</p>	 <p>Make dinner together.</p>	 <p>Color a picture..</p>	 <p>Go to sleep a half-hour earlier.</p>

Activities and artwork copied from "On Our Sleeves" website

<https://www.nationwidechildrens.org/giving/on-our-sleeves/find-help/tools-for-you/get-mentally-fit>