

## DFES Self-Care Wellness Challenge

Hello Fox Cubs,

I sure do miss you! Remember our Great Kindness Challenge? As you spend time at home, I'm sharing a self-care challenge just for fun to help you stay on track with your personal wellness.

Anyone at your house can join you in the challenge. Circle items as you complete them.

Brighten your day - Brighten someone else's day - Be well!

Take good care of your whole self!

Love, Mrs. Beckman

**Daily Wellness: Do these tasks every day!**

Clean my body and my teeth.	Get plenty of rest.	Eat healthy meals.	Choose a <b>WELLNESS</b> challenge below!
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<i>Physical Wellness</i>	<i>Mental Wellness</i>	<i>Emotional Wellness</i>	<i>Social Wellness</i>
<p>Drink more water/ Eat less sugar today!</p>	<p>Trace your hand. In each finger write one thing that makes you feel thankful or grateful.</p>	<p>Tell a joke! Give a smile! Get a smile!!</p>	<p>Phone or email a friend or relative you haven't talked to since you've been at home.</p>
<p>Plank challenge: Can you hold this position for one minute? or longer?</p> 	<p>Read Read Read for fun,fun,fun!</p>	<p>Draw 3 feelings faces. Act out one feeling for someone and see if they can name your feeling.</p>	<p>Play a game with others... indoors or out.</p>
<p>Go on a nature walk. (Be sure to get permission!) Talk about 4 things you saw or noticed. Can't get outside? Watch a <a href="#">zoo cam!</a></p>	<p>Work a puzzle. If you need a puzzle, click <a href="#">HERE!</a> Click the gears in the bottom right corner to learn how it works.</p>	<p>Click on this <a href="#">LINK</a> and watch a self esteem video for your grade level. Which is your favorite? What is wonderful about YOU?</p>	<p>Sing a song to someone to cheer them up!</p>
<p>How many jumping jacks can you do in 30 seconds? Graph the results of everyone at your house.</p>	<p>Get creative! Write, draw, dance, or sing. Make something beautiful!</p>	<p><i>Take a mindful moment to find some calm. Sit quietly and name:</i> 5 things you see, 4 things you hear, 3 things you can touch, 2 things you may smell, 1 thing you like to taste.</p>	<p>Pick a topic, and have a conversation with someone about it. Each person takes 3 turns to discuss the topic. Next, the other person gets to choose the topic!</p>

