



SPIRIT NORTH

Healthy Challenge Checklist

How many can you complete in a day? A week? How many times can you do each?

Challenge 1: Limit Screen Time



Draw or Write 3 non-screen activities you did today

Challenge 2: Go Outside

What did you see outside today? Describe or draw anything you saw when you went outside today. For example, animals, birds, trees, the Sun, etc.

Challenge 3: Changing Seasons

What signs of the seasons changing did you see today? Did you see signs of spring? Draw or describe them:

Challenge 4: Nature

What nature did you see today? Describe or draw what you saw from indoors, or when you went outside. For example, what trees, animals, leaves, bugs?

Challenge 5: Quiet Place

Find a quiet place outside or inside and sit down. Close your eyes and be as quiet as possible. Draw or write what you heard and smelled:

Challenge 6: Physical Activity

Do physical activity either outside or inside. How many different activities did you do today? Ex. walking, jumping jacks, running, standing on one foot, moving like your favorite animal, etc.:

Challenge 7: Drink Water

How much water did you drink today? How did it make you feel?

Challenge 8: Be Active Indoors

What activities can you safely do indoors that work up a sweat? Draw or write anything active you did inside today:

Challenge 9: Personal Challenge!

What's a safe, fun challenge you want to give yourself? Write or draw below:

Challenge 10: Reflection Challenge

What are some things you learned about yourself when you did each challenge? How did completing the challenges make you feel? What do you want to do again or change for next time? Write or draw your personal thoughts below