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| April 2020 |  |
|  |  |
| MINDFULLNESS | CHALLENGE  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  | Take 5 big belly breaths before getting out of bed  | Stretch for 30 minutes listening to your favorite music  | Write out three goals for this month  | Call your favorite friend  |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Call your favorite family member  | Start reading a book, magazine, or blog  | Abstain from all social media for one day…or half a day…or one hour!   | Go outside for a walk  | Color or Draw  | Clean out your closet or organize an area of your house  | Write down 3 strengths you have (or want to have & work towards it)  |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Write down 3 things you are grateful for  | Journal your thoughts and feelings for the day  | Eat your favorite food or cook your favorite meal  | Turn on music and have a dance party  | Write down 3 things in your life you are proud of  | Unfollow people on social media who make you feel sad or not enough | Watch a documentary  |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| Go outside for a walk on a new route  | Start doing that schoolwork you’ve been putting off…you know the one  | Avoid using your phone for the first two hours of the day  | Stretch for 30 minutes before bed  | Watch music videos or concerts of your favorite artist  | Take an Epsom salt bath with soothing music  | Drink lots of water and eat vegetables with every meal  |
| 26 | 27 | 28 | 29 | 30 |  |  |
| Make a collaborative spotify playlist & share with friends | Write a letter to your friend or family | Ride your bike, rollerblade, walk, run, or play as sport outside  | Play words with friends or chess online with a friend  | Meditate three times during the day & see how you feel  |  |  |
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