

DECEMBER 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Have a cup of tea and reflect upon a favorite vacation.	1 Connect with a loved one and share a story.	2 Give a pet or partner a cuddle!	3 Buy yourself a treat and take the time to enjoy it.	4 Book an appointment, massage, or other self-care treatment.
7 TEAMS someone you do not normally talk to, just to check on how they are doing!	8 Take one of your scheduled breaks for yourself to listen to music, have a snack or a brief walk.	9 Write a thank you card to someone who has impacted your life positively during this difficult time.	10 Donate something you no longer use that others may like!	11 Try a new activity! Rent snowshoes, x-country skis, skates, (or anything else!) and get active.
14 Play a video game with a child to learn about their entertainment.	15 Make a list of all the good qualities you have.	16 Take 5 minutes to slow down and reflect on what you are thankful for in an environment that supports it.	17 Hold the door for a stranger and say 'Happy Holidays' to everyone you see.	18 Make a list of your top 10 holiday movies and commit to watching at least 3.
21 Health Champs, please report your school's participation to Christina Peters by Dec. 21 st .	22	23	24 <i>Christmas Eve</i>	25 <i>Christmas Day</i>

The Challenge: Complete 2 Tasks per week! That's it.

Report your achievement to your Health Champion by Dec. 18th. If your school has met the 50% participation mark, your school's name will go into a draw for \$200 towards a staff health initiative!