



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## May Mental Health Challenge

Complete challenges on a schedule that works best for you!  
Cross off activity as you complete!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Complete a bootcamp or yoga class outside.	Color or doodle for 20min	Walk, jog, or run for 20min	NO Social Media	Turn on a favorite song and sing along -push repeat	Call a friend or family member you haven't talked to in awhile	Cook a new recipe
Enjoy a little extra time in a hot bath/shower	Read a book for 20min	Walk, jog, or run for 25min	Call a friend or family member you haven't talked to in awhile	Watch a favorite show or video that makes you laugh	Plan an outdoor activity like a picnic, bike ride, or hike	Create something/ Get crafty
Pamper yourself: ex: shower, dress, hair, makeup, manicure, pedicure, whatever makes you feel good	Call a friend or family member you haven't talked to in awhile	Walk, jog, or run for 30min	Hydrate: Drink 8 - 8oz glasses of water today	Treat yourself: order dinner from a favorite place	Plan for 7-9 hrs of sleep tonight	Perform a random act of kindness
Play a card or board game	Give your stiff or sore muscles some attention with a self masage	Walk, jog, or run for 35min	Set aside 20m in your day to enjoy the sunshine outside. Be safe and wear necessary protective wear!	Turn on some music, up the volume, and dance like nobody is watching	Set and complete 3 tasks for the day	Limit use of electronics as much as possible

Ready for the ultimate challenge?!? How many can you complete in 1 day?