

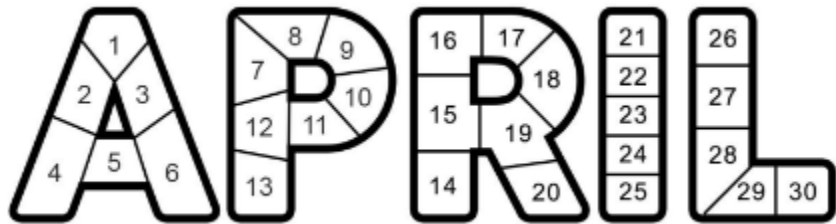


Remember...for each challenge you complete, you are entered into a gift card raffle AND you get a sticker to add to your [Personal Happiness Challenge Award Board!](#) ❤️

	<p>April Happiness Challenges 😊</p> <p>Choose any or all!</p>
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Challenge 1: 20 Minutes of Movement EVERY DAY

 <p>As little as 20 minutes of daily physical activity decreases your risk of developing health problems!!!</p>	<p>Move purposefully for at least 20 minutes EVERY DAY IN APRIL, and color in each date of movement below. This does <u>not</u> include regular daily steps. It means you take 20 minutes to move your body because that's what you're choosing to do. This can include any/all of these:</p> <ul style="list-style-type: none">• Biking• Swimming• Running• Walking• Strength• Yoga• Pilates• Meditation (your brain is moving when you meditate!)• And pretty much anything you can think of!
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Challenge 2: LIFE IS TOUGH, BUT SO AM I!!!!



Use the calendar below to guide your steps to live the idea that EVERY challenge helps us grow:

- Complete at least 15 days of April targets.
- Cross off the ones you do.
- Send a picture to me when complete!
- Note–these are written in “kid language”, so connect as you like for what YOU can do.

Also sending as an attached PDF since this is a little hard to read. 😊


April 2024

Resilience

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Remember how you overcame a challenge.	2 Write three strengths you've gained from tough times.	3 Share a story of resilience with a friend.	4 Practice deep breathing for 5 minutes today.	5 Try something new, even if it scares you.	6 Reflect on a mistake and what you learned from it.
7 Talk about a resilient role model in your life.	8 Set a small goal and achieve it today.	9 Write down three things you're grateful for.	10 Discuss with a friend how they handle setbacks.	11 Think of a challenge you face and brainstorm.	12 Encourage someone who's having a tough time.	13 Remind yourself: "I can handle this."
14 Celebrate a small victory you had this week.	15 Face a fear you've been avoiding.	16 Visualize a positive outcome for a current challenge.	17 Reflect on how far you've come this year.	18 Read about someone famous who overcame obstacles.	19 Reconnect with a hobby that makes you feel strong.	20 Share a positive affirmation with someone.
21 Accept a compliment without downplaying it.	22 Remember a time you bounced back from a setback.	23 Make a list of your support system.	24 Think of one small way to step out of your comfort zone.	25 Encourage yourself with kind words in the mirror.	26 Recognize an area of growth in the last month.	27 Talk to someone older about resilience in their life.
28 Commit to learning from a current challenge.	29 Plan a small reward for a personal achievement.	30 Write a thank you note to someone who supported you.				

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Challenge 3: APRIL SELF CARE BINGO

	<p>Get a BINGO with any 5 in a row on the Self Care Bingo board...diagonals count, too!</p>
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Read A Book	Give Yourself A Positive Pep Talk	Soak In A Bubble Bath	Organize Your Closet	Update Your Calendar
Give Yourself A Manicure	Write In A Journal	Go For A Drive	Take A Nap	Make A List Of Personal Goals
Take A Walk	Create A Motivating Playlist		Allow Yourself To Relax	Put On A Face Mask
Go To Bed Early	Clean Out Your Medicine Cabinet	Do Something You Love	Wash Your Bedding	Have A Private Dance Party
Make Your Favorite Meal	Call A Friend And Chat	Try Yoga or Meditation	Sleep In	Do One Thing You've Been Putting Off