

# SEL CHALLENGE

## • SCAVENGER HUNT

- (1) Find something you are GRATEFUL for that makes you LAUGH
- (2) Give a KIND compliment to a family member
- (3) Find an INSPIRATIONAL QUOTE & share it with a peer, teacher, counselor, or family member
- (4) ASK someone how they are
- (5) Write a kind NOTE or MESSAGE to a friend
- (6) Tell someone THANK YOU
- (7) Go OUTSIDE and FIND: a plant, something yellow, & something that makes you smile
- (8) Mindfulness 5-4-3-2-1: NAME 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste
- (9) Write a COMPLIMENT about yourself
- (10) Find something you are GRATEFUL for that brings you JOY
- (11) Go on a 5-10 minute walk and challenge yourself to not use any digital devices: Identify TEN things that start with the letter "R" on your walk
- (12) What is the BEST part of Digital Learning/Remote Learning? Take a SELFIE (or a short video) of you & your response
- (13) FIND something that represents COMPASSION
- (14) Find something you are GRATEFUL for that you just learned/discovered
- (15) As a BRAIN BREAK, do 20 Jumping Jacks, 15 Squats, 10 Lunges, 5 Push-ups