

Three Lakes School

Wellness Challenge 2020



What's the Challenge?

Let's stay physically and emotionally well while we are self-isolating. Listed below are SOME ideas to get us all started. Be creative and diverse with your ideas to stay well :)

How to enter?

Complete a wellness activity, then send an email that includes: a picture, the wellness accomplishment and a couple of sentences about it--and that's all! Weekly incentives are offered. You can enter as many times as you like each day--just create a new email for each different wellness accomplishment. Weekly winners will be contacted by email. Must be a student at Three Lakes School in Middle Lake, SK to enter.

Send to: 3lakeswellness@gmail.com

Let's take care of ourselves!

1. Physical Well-Being

a) Physical Health Ideas:

- get a minimum of 8-10 hours of sleep each night
- drink 6-8 cups of water each day
- Exercise for 30 minutes
- Weight/Resistance Training for 30 minutes
- Yoga Online (MadFit, Gaia.com, Yoga with Adreinne free on YouTube, yoga for kids, cosmic kids)
- Stretch for 15 minutes (stretching swordkit, flexibility, home workout)

b) Nutrition

- Choose fruits and/or vegetables for snacks one whole day
- Avoid junk food for a day
- Eat a healthy breakfast
- Prepare healthy meal
- Avoid highly processed food for a day
- Eat at the table with others

2. Emotional/Personal Growth/Capacity for Change

- Learn a new skill/hobby (ie. sewing, playing the guitar, making friendship bracelets, or language)
- Give to a charity
- Express gratitude...often
- FaceTime someone younger, and read them a picture book
- Plan a group FaceTime or Zoom with a group of friends/family
- Watch a movie with a friend online with Netflix
- Go outside for 20 minutes
- Spend 10 minutes relaxing/meditating. Some apps are (headspace, fitmind, unplug, breathe, simplehabit)
- Go for a 20 minute walk. Be mindful of your surroundings. Enjoy :)
- Make an effort to reach out to people--extend your friendship circle
- Give compliments...often
- Start a gratitude journal
- Paint or draw something
- Use aromatherapy
- Read a good book for 20 minutes
- Volunteer to help whenever you can throughout the day
- Take an animal for a 20 minute walk outside.

Challenge Sponsors and Winners:

On weeks with more than one sponsor, two different names will be drawn. List updated weekly.

Challenge Dates	Donor	Incentives Donated	Winner
March 29-April 4	Three Lakes SLC	Avenger Toque	
April 5-April 11	Mrs. Heidecker Avenger Athletics	\$15 Scholastic Book Order Credit Avenger T-Shirt	
April 12-April 18	Mr. & Mrs. Otsig	\$15 Tim Hortons Card	
April 19-April 25	Mrs. & Mr.. Schwark Mrs. & Mr. Broad	\$15 Subway Card \$15 Cash	
April 26-May 2	Mr. & Mrs. Mertz	\$15 Sport Check Card	
May 3-May 9	Mr. & Mrs. Schwark	\$15 Subway Card	
May 10-May 16	Mrs. Krentz Ms. Nagy	\$15 Cash \$15 Cash	
May 17-May 23	Mr. & Mrs. Parsons	Snap-On Tool Football	
May 24-May 30	Mr. & Mrs. Mertz	\$15 Sport Check Card	
May 31-June 6	Mrs. Heidecker Three Lakes SLC	\$15 Scholastic Book Order Credit Avenger T-Shirt	
June 7-June 13	Mr. & Mrs. Parsons	Snap-On Tools Basketball	
June 14-June 20	Ms. Krentz	\$15 Cash	
June 21-June 27	Mr. & Mrs. Otsig Mrs. & Mr. Broad	\$15 Tim Hortons Card \$15 Cash	

SUMMER BREAK! STAY WELL!

