

CLASSROOM CHAMPIONS

Summer Challenge Board



Go on a walk for 10 minutes, around your house or around your neighborhood.



Organize an outdoor picnic and invite your family or friends.



List a set of goals. Create short term goals to help you reach them.



Create a vision board for your future self in your new grade.



Spend a week practicing daily mindful breathing.



Partner with a friend or family member to act out a chapter of a book you've read.



Pick a hobby that you want to improve upon. Practice perseverance & spend time trying to get better at it!



Do something positive that can improve your community.



For one week, spend the last 10 minutes of the day reflecting on how you felt.