

Class Mindfulness Challenge

Day 01

Greet a classmate with "have a great day"

Day 02

Help a classmate with something

Day 03

Over a chat, wish someone a great weekend

Day 04

Meditate

Day 05

Help a teacher with their belongings

Day 06

Ask a friend how they are feeling

Day 07

Visit the school library

Day 08

Write down three things you are looking forward to

Day 09

Eat something healthy

Day 10

Do your homework earlier than usual

Day 11

Watch a documentary with your family

Day 12

Go for a bike ride

Day 13

Count the number of trees around your school

Day 14

Take two minutes to sit still and breathe

Day 15

Compliment your teacher

Day 16

Go under a tree's shade

Day 17

Go to bed earlier than usual

Day 18

Read a book

Day 19

Reduce your screentime after school

Day 20

Eat with someone new at lunch time

Day 21

Speak with a younger student

Day 22

Pack your own lunchbox

Day 23

Clean out your school bag

Day 24

Tell a family member about your day

Day 25

Listen to music

Day 26

Write a thank you card for someone

Day 27

Help clean your classroom

Day 28

Be grateful

Day 29

Stay offline for a day

Day 30

Compliment a family member

