



HOLIDAY WELLNESS CHALLENGE

DECLUTTER & DONATE	<u>NATURE WALK WITH A FRIEND</u>	GRATITUDE JOURNAL WRITING	MEDITATE
COLOUR, PAINT OR TRY A PUZZLE	ICE SKATING	COOK A HEALTHY MEAL TO SHARE	HOLIDAY ACT OF KINDNESS
GO FOR A WALK TO LOOK AT HOLIDAY LIGHTS	READ A BOOK	FAMILY MOVIE NIGHT	PRACTICE YOGA
MAKE A CARD FOR A FRIEND	TAKE A BUBBLE BATH	DECORATE COOKIES	CUDDLE AN ANIMAL
TRY A NEW PODCAST	VOLUNTEER	LISTEN TO CHRISTMAS PLAYLIST	TRY A DIY PROJECT