

Name:

Date:

Because life is not all about getting an “A” on every assignment or having the most “likes” on Instagram.

Directions: Over your winter break, complete as many of these challenges as you can, crossing them off as you go.

Help a total stranger with no expectation of reward.	24 hours technology-free	Visit an animal shelter.	Read a book. For fun.
Watch a movie that is in black and white. Bonus points if it is a silent film.	Have a meaningful conversation with someone who is at least 40 years your senior. Listen to learn, not just to respond.	24 hours technology-free	Donate- your time, money, items, etc. to a worthy cause.
Sit in silence for 10 minutes with no distractions. Bonus points if you can see the outdoors.	Cook a meal for you and at least one other person.	Tell someone in your life how much you appreciate them. In person.	As soon as you wake up, write down at least 5 things for which you are grateful.
Write a letter to a friend and mail it to them.	Write a short term and long term goal. Post them where you will see them every day.	Create something new. Art, cookies, a poem, a song.	24 hours technology-free
24 hours technology-free	Visit a local historical monument and reflect.	Share what you’ve created (see above) with someone you love.	Enjoy the outdoors. Go hiking, play in the snow, take a walk.

Bring this paper back after break- we will spend some time sharing our experiences. Be safe. Have fun.

I look forward to seeing you in 2017!