

Lesson	Weekly [Personal] Challenges 2020-2021
1	Pay a compliment to 3 different people—one of them must be to someone you don't talk to regularly.
2	Talk to someone you trust about something that has been troubling you for at least a week.
3	Find three signs of stress in 3 different people. Try to recognize how each shows stress differently.
4	Listen to someone's worries. Think about if they want you to offer advice, or validate what they're feeling.
5	Write down three jokes on a piece of paper, and keep it in your pocket all week.
6	Write down an inspirational quote and leave it somewhere for someone else to find.
7	Every day when you look into the mirror, tell yourself something positive.
8	When you understand something new in class, check if the people around you understand it as well. If they seem confused, try to help them.
9	Twice this week, tell someone at home something you learned in school that day.
10	Find 3 things you are good at that are not tested through exams or assignments.
11	When you see something beautiful this week, take a picture. Send it to the first person you think of.
12	Add something to your daily routine that helps you de-stress (5-30 minutes). You can try something new every day, or do something that you know works.
13	Ask 3 people about things they like: how they prefer their coffee, what happened in their favourite TV show, which of their sweaters is their favourite, etc.
14	Change something about your appearance—cut your hair, try new makeup, wear a watch, etc.
15	Twice this week, take a photo of yourself you're happy with.
16	Celebrate someone's good fortune with them this week.
17	Give someone a gift for no reason. It can be small, but it should be thoughtful.
18	Search the news for 3 good things that happened this month, and share them with your teacher.
19	Show yourself kindness this week: Take a longer bath, make your favourite dish, go someplace you like, etc.. You've earned it.
20	Find three songs that you really like to sing along with.
21	Make some progress on something you started and haven't finished yet.
22	Take one hour (cumulative) this week to do something you want to do that isn't something you have to do.
23	Make four people smile this week.
24	Introduce yourself to a student in a younger grade. Remember their name and something about them.

These challenges are posted somewhere in the classroom, are entirely optional, and will not be checked or asked about in class. It's up to students if they want to take them on.