

IB DP Pre-Finals Mindfulness Challenge

This will hopefully help you maintain balance as we near semester 1 finals. Do as many or as few as you choose. Post photos on Instagram and tag @SLP_IB_DP, or show Mrs. Magdal to prove your participation. Prizes will be awarded for the highest % participation (If there is a tie, a random selection will be made for first place)!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12/9 Sit down with someone without any technology present and have a chat.	12/10 Attend Mindfulness Monday	12/11 Grab some friends & play an old school game like tag, Simon says, red light/greenlight, etc.	12/12 Write a thank you note to someone in your family.	12/13 Try the breathing technique at: https://youtu.be/SEfs5TJZ6Nk	12/14 Write a list of things that are worrying you. Cross off the things you have no control over and let them go.	12/15 If you are healthy, do this yoga session: https://youtu.be/pCb648lsqSA
12/16 Make/buy a little gift for someone you appreciate, but you wouldn't normally buy a gift for.	12/17 Attend Mindfulness Monday	12/18 Put everything away and enjoy an episode of your favorite show without distraction.	12/19 Write a thank you note to yourself.	12/20 Eat dinner with someone you are thankful for without any technology present.	12/21 At some point before leaving for break, write a post-it note about 1 thing you love about SLPSH & post outside A308	12/22 Make a meal or dessert with someone you enjoy being with.
12/23-1/5 Winter Break – make healthy decisions!						
1/6 Find some people & play a card or board game together.	1/7 Attend Mindfulness Monday	1/8 Take 15 minutes to doodle, draw, sculpt, paint or something else creative.	1/9 Write a thank you note to someone in this school.	1/10 Doodle something healthy that makes you happy for 5-15 minutes	1/11 If you are healthy, do this yoga session: https://youtu.be/vLPfP1oRJFM	1/12 Go for a 15+ minute walk (inside or out, but make it continuous).
1/13 Take a moment with the 3-B's. Breathe: Notice your breath. Take a deep slow breath. Body: Notice how you feel. Relax and release any tension. Begin: Begin the task and be thoughtful in your actions.	1/14 Attend Mindfulness Monday	1/15 Download the free app: "Stop, Breathe & Think" & try one of the meditations.	1/16 <i>Advisory Day</i> Write a thank you note to a friend who is there for you.	1/17 Take 15 min to color a picture. Need one? Mrs. Magdal has some!	1/18 Put the technology away and spend at least 15 minutes talking with someone in your family about things that bring you joy.	1/19 Spend 15 minutes sitting or playing with your pet (or someone else's if you don't have one).
1/20 Do something that you found meaningful & relaxing in the last days of the Mindfulness challenge again.	1/21 <i>No School</i> Go out and do something fun with friends or family!	1/22 Make a "Sign" completing the phrase: "I am..." (a positive characteristic about you, i.e.: I am an encourager). Hold it in front of you as someone takes a picture.	1/23 <i>(Finals Day 1)</i> Go to bed early! You are half way done!!	1/24 <i>(Finals Day 2)</i> Eat a healthy & balanced breakfast.	1/25 <i>No School</i> Write a reflection on what worked well for you this semester, and what didn't. Make 2-3 SMART goals for sem2 that will help you maintain a healthy balance. Share with someone who will help you be accountable.	1/26 