

# DC TEENS

## Mental Health Month Challenge

### #DCteensmentalhealthmatters

Join the Challenge! Take pictures of yourself doing these self-care events during the month of May. Tag DBH on Facebook and Instagram using the above #. The top three winners will receive wellness prizes. (Winners will be selected based on the highest number of completed activities or the first three to complete all activities.)

Do a  
breathing  
activity

Create a  
wellness  
Rap

Do a wellness  
TikTok

Write three  
things that  
you are  
thankful  
for

Do  
something  
outside

Make a new  
friend

Treat  
yourself to  
something  
nice

Play a  
boardgame

Take time  
to laugh

Dance Like  
no one is  
watching

Create a  
calming  
playlist

Go on a  
Nature  
walk

Make a  
Funny  
video

Make and  
play with  
lavender  
scented  
slime

Try a 5  
minute  
meditation

Blow  
Bubbles  
and be silly

Write a  
love letter  
to yourself

Try an art  
activity

Take a  
2-hour  
screen  
break

Go fishing

Plant  
something


Draw or  
color a  
mandala


Create  
something  
relaxing on  
Roblox

Do  
something  
you love

Enjoy a  
Silly Movie

Post your photos and tag

 @dbhrecoversdc

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