



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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