



JSD Wellness Day Challenge

February 9-16, 2024

This Wellness Day Challenge sheet contains suggestions for personal wellness activities that you can do on Wellness Day *and in the week following*. Bonus points will be awarded to those who participate in any of the activities with a colleague.

Our community cares about YOU and has donated hundreds of prizes that will be awarded to participants including gift baskets, event tickets, and even a vacation from Get Away Today!!

Activity	Points	Bonus (if done with a colleague)
Create a unique plan for <i>your</i> everyday wellness and follow it for three days, here are some examples	15 points	+5
Host or participate in a discussion about <i>everyday wellness</i> using a group discussion guide, like this one	10 pts/event	+5
Participate in an in-person wellness experience hosted by JSD, your school, or a community partner	10 pts/class	+5
Watch a virtual webinar from our District partners via PEHP or Blomquist Hale	5 pts/event	+5
Write a thank you note to someone who you work with who has impacted you positively	5 pts/note	N/A
Complete a random act of kindness (click here for 100 ideas!)	5 pts/act	+5
Listen to, read, or watch something related to your wellness; here are some ideas	5 pts/act	+5
Take an intentional walk of 2,000 steps or more (try a route inside or around your school)	10 pts/walk	+5
Do something fun! Play board games, yard games, karaoke, or something else you enjoy.	5 pts	+5
Tidy up your workspace, Google Drive (another option), or email inbox	10 pts	+5
Be proactive about your wellness: take a course, schedule a check-up (or therapy), or attend a screening	10 pts	N/A
Total Points		



Enter our drawing once you've earned at least 50 points!

Submit your score card by clicking [HERE](#) or scanning the QR code.