

FEBRUARY WELLNESS WEEK CHALLENGE

February 14, 2022

Submit a picture with you and your family with the word "G'zaagin" (Be Creative!)

Extra Point: Submit a Valentine's Day Poem. (Share with Picture)

February 15, 2022

Write down 2 short-term goals that you will accomplish.

Extra Point: Submit your vision board (Share with Picture)

February 16, 2022

Create a poster of "kindness" for Pink Shirt Day

Extra Point: Do one act of kindness for yourself or for others. (Share with Picture)

February 17, 2022

Submit a picture of you making dinner for your family.

Extra Point: Discussion family harvesting traditions (Share with picture)

February 18, 2022

Do a 5 minute meditation or a 20 minute self-care activity.

Extra Point: For learning a new word or phrase in Anishnabemowin
(Share with picture)

To Submit Challenges, Please Send to:

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