

## The fine print:

For any of the activities on the attached chart that you complete (in any order), you will receive one entry into the District Draw on May 7, 2021 (Child & Youth Mental Health Day). Complete as many as possible to win great prizes for your family! Have a parent initial on the line beside any activities completed **as a family** (for this challenge, video games/screen time don't earn entries). You can count each one more than once if you like!

Take a photo of (or scan) your completed entry and email to [tara.ryan@sd71.bc.ca](mailto:tara.ryan@sd71.bc.ca).

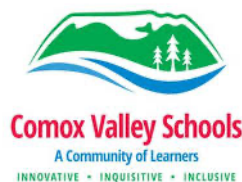
Information at top of form must be complete and tallies totalled for entry to be valid.

Entries must be submitted by **midnight on April 30, 2021**.

The draw will be held on May 7, 2021 – Winners will be notified by email.

Prizes to be announced shortly.....but I can tell you they are definitely worth it (but then again, so is spending time together as a family!)

## Sponsors:



More to be announced shortly!!

## Spring Mental Wellness Challenge 2021

Family Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email address: \_\_\_\_\_

Home School: \_\_\_\_\_

Names & Ages of Children: \_\_\_\_\_

Activity	Tally (can be more than once!)	Parent Initials
Play a board game		
Plant spring flowers together		
Walk the beach		
Build a family puzzle		
Have a screen-free day		
Do an outside activity that gets your heart rate up		
Together, write 5 kind sticky notes each; drive to a grocery store and put them on random car windows		
Wear your clothes backwards to a beach or park and take a family picture		
Go together to the local library and sign out a book each		
Cook a meal together		
Have a "backwards dinner" (dessert first)		
Spend an entire evening with no lights or screens (careful with the candles!)		
Together, create a "what I love about" list for each family member		
Make sushi or homemade pizza – everyone helps!		
Swim at the Sports Centre or go skating		
Go find some snow up the mountain to have a snowball fight		
Play a card game		
Go for a bike ride		
Bake something special for a neighbour		
Do 45 minutes of yard work together		
Look through baby books or old family photos		
Play an outside game		
Have a gratitude day (discuss and practice gratitude throughout the day)		
Family art night – get some canvas from the \$ store		
Eat dinner at the table – screen free!		
Have a family picnic outside or on the living room floor		
Volunteer as a family for an hour		
Plan and complete one random act of kindness for a stranger		
Lego night!		
Go for a walk for at least half an hour		
Have breakfast together at the table – screen free!		
Go hunting for beach glass or shells		
Play Frisbee in the park		
Join our Facebook page "ComoxSchools Counsellor Parent Page"	1	
Other:		
Other:		
Other:		
<b>Total Entries:</b>		

