

Healthy Habits Challenge

You'll try out simple wellness strategies in four areas: **Movement, Sleep, Nutrition, and Mindfulness**. Each time, two habits go head-to-head—**try both**, then choose your favorite! At the end, pick your **Final Four** winning habits to keep using.

Let the challenge begin!

Movement Matchups

Matchup 1: Dance It Out vs. Jump Rope Jumps

Dance It Out

Play your favorite song and dance around for 2 minutes—at home or during a brain break!

Jump Rope Jumps

Pretend you have a jump rope and do 30 quick jumps in place—no rope needed!

Matchup 2: Chair Moves vs. Recess Re-Do

Chair Moves

Stretch your arms, twist your torso, or do toe taps—all without leaving your chair.

Recess Re-Do

Try a new game at recess—jump rope, hula hoop, or create your own tag version.

Sleep Matchups

Matchup 3: No Screens Before Sleep vs. Wind-Down Routine

No Screens Before Sleep

Turn off all screens at least 30 minutes before bedtime—read, draw, or listen to calming music instead.

Wind-Down Routine

Do the same 3 things before bed each night (like pajamas → toothbrushing → book) to help your brain know it's time for sleep.

Matchup 4: Gratitude at Bedtime vs. 5-Minute Tidy

Gratitude at Bedtime

Before you go to sleep, think of 3 things that made you smile today.

5-Minute Tidy

Clean up your space for just 5 minutes before bed—it helps your brain relax and makes mornings easier!

Nutrition Matchups

Matchup 5: Colorful Plate Challenge vs. Water Tracker

Colorful Plate Challenge

Try to eat at least 3 different colors on your plate during one meal today—bonus if they're fruits or veggies!

Water Tracker

Count how many cups of water you drink today—can you hit your goal?

Matchup 6: Super Snacks vs. Try Something New

Super Snacks

Pick a snack with both energy and protein, like cheese + apple or trail mix.

Try Something New

Choose one new healthy food to taste this week—even if it's just one bite!

Mindfulness Matchups

Matchup 7: Rainbow Breathing vs. Five Senses Scan

Rainbow Breathing

Breathe in and imagine a color you love—breathe out and let go of stress. Try it 3 times.

Five Senses Scan

Name one thing you can see, hear, smell, feel, and (if safe) taste. It's like a scavenger hunt for your senses!

Matchup 8: Compliment Someone vs. 3 Good Things

Compliment Someone

Say or write something kind to a classmate, friend, or family member—it'll boost both your moods!

3 Good Things

At the end of the day, name 3 good things that happened, big or small.

Final Four

After finishing your matchups, write down your **top 4 favorite strategies**—your “Final Four” healthy habits!

1. _____
2. _____
3. _____
4. _____