Mind & Body 30-Day Challenge — Follow a calendar with daily challenges around mindfulness, kindness, and physical activity.

Mindfulness Week — Encourage the entire school to incorporate mindfulness activities into classes throughout the week. Examples include:
- Start each day with a school-wide minute of meditation.
- Encourage all teachers to create a space in their classroom where students can take a mindfulness break by coloring, using a stress ball, doing a few stretching poses, following instructions for better breathing, etc.
- Play calming music in each classroom during individual work time. Try this playlist.
- Introduce stretching breaks to each class where teachers lead students in different poses.

No-Phone Day/Week — Students pledge to not use their cell phone on a day selected by the teacher/school — or to go “phone-free” for a certain number of hours each day during a specified week. The goal is to promote active engagement with family and friends. Check out our PA calendars to share physical activity ideas with your students and staff.

health. moves. minds. Family Night — Use the health. moves. minds. Station Cards to create an event where students and their families can participate in a variety of activities focused on mindfulness, kindness and physical activity.

Stress-Relief Dance-a-Thon — Host a dance-a-thon for students and the school community to promote physical activity through dance as a tool to relieve stress.

Zen Night — Host a family night where students and their families engage in mindfulness activities such as meditation, Better Breathing, yoga, etc. while playing calm music.

Kindness Week Challenge — Hold a school-wide challenge that encourages students to be kind to one another. Teachers will place a small token in the classroom’s “bucket” each time they notice a student being kind. The class with the most tokens is named the “Kindest Class in the School.” You can opt to do this without the competition piece.

Send a Kind Message Day — Students take time to write kind messages to other students, teachers, friends or family members. This can be a stand-alone activity or incorporated into another event.

Fun Walks or Fun Runs — A popular favorite any time of year!

Walk-a-thons, bike-a-thons, jump-rope-a-thons, bowl-a-thons, skate-a-thons, hula-hoop-a-thons — Physical activity is a stress reliever, no matter what the theme is!

Teacher-Student Competitions — Students love these!