



## Spring Mental Wellness Challenge 2019

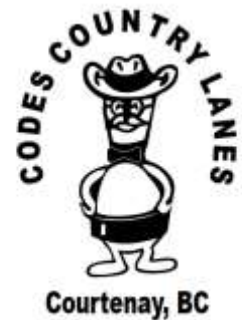
This spring, Comox Valley Schools, The City of Courtenay, Town of Comox, CVRD, Mt. Washington Resort and Codes Country Lanes are partnering together to challenge you and your families to take part in our Spring Mental Wellness Challenge! For any of the activities on the attached chart that your family completes (in any order), you will receive one entry into the District Draw on May 7, 2019 (National Child & Youth Mental Health Day). Complete as many as possible to win great prizes for your family! Have a parent sign on the line beside any activities completed as a family. You can count each one more than once if you like!

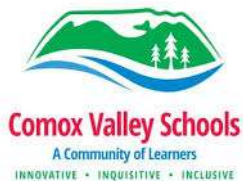
Return your entry to the office at Brooklyn School on Guthrie in Comox or take a photo of the complete form and send your entry to [tara.ryan@sd71.bc.ca](mailto:tara.ryan@sd71.bc.ca).

Entries must be submitted by **midnight on April 30, 2019**.

The draw will be held on May 7, 2019.

Prizes provided by these terrific community partners:





## Spring Mental Wellness Challenge 2019

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

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

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

Age of Children: \_\_\_\_\_

Activity	Tally (how many times)	Parent Signature
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 contributes!		
Swim at the wave pool		
Go bowling		
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		
Other:		
Other:		
Other:		