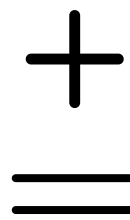




# THE 7-DAY MENTAL HEALTH CHALLENGE



**Your heart  
Plus your brain  
Equal your superpower**

Taking care of them every day helps you feel strong, happy, and calm.

This challenge gives you fun things to do each day.

You will check in with your emotional health to make your mind strong and healthy!



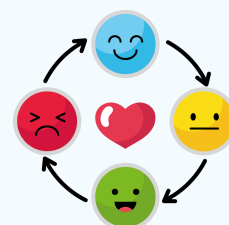
**DAILY HABITS BUILD  
LONG-TERM MENTAL  
STRENGTH**



**CELEBRATING  
SMALL WINS AND  
STEPS KEEPS YOUR  
MIND FOCUSED ON  
GROWTH**



**Why it matters:**



**CHECKING IN WITH  
YOUR EMOTIONS  
HELPS TO SPOT BIG  
EMOTIONS EARLY**



MENTAL HEALTH AWARENESS MONTH

# 7- DAY PRACTICE

**Why we keep track:**

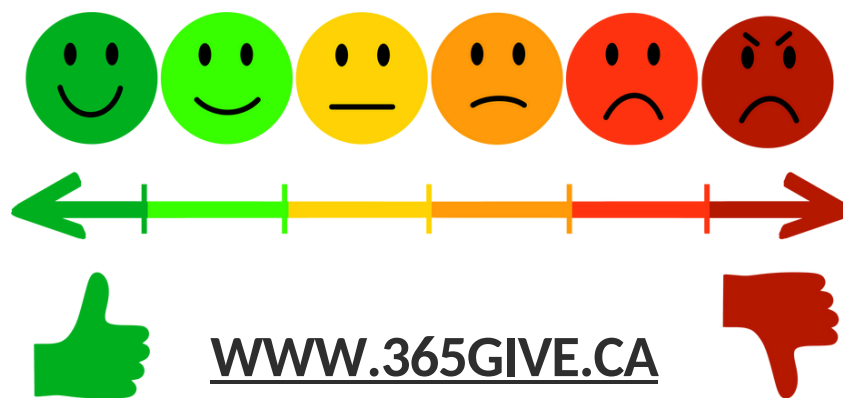
Tracking helps you see your progress. It's not about being perfect—it's about noticing how we feel. Finding what works for you to feel calm, happy, and stress-free.

Every practice you complete is a reminder: you're investing in your well-being.

DAY	PRACTICE	FEELING
MON	Go for a discovery walk for 20 minutes. Search for hidden treasures along the way.	<input type="text"/>
TUE	Start the day with 10 deep breaths. Take 2 short breaks during the day and do the same.	<input type="text"/>
WED	Make a new music playlist and dance together to 1 song.	<input type="text"/>
THU	Put all devices away for 1 hour and do something together or with freinds that makes you happy.	<input type="text"/>
FRI	Create a thank you card for someone you appreciate in your life and mail or deliver it.	<input type="text"/>
SAT	Do one thing you love today - paint, bike, pay a game.	<input type="text"/>
SUN	Write down 3 things you are grateful for when you wake and 3 things before bed.	<input type="text"/>

HAPPY ----- ANGRY

EMOTIONAL SCALE



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