

# Mental Fitness Challenge

Keeping our brain in shape is just as important as physical fitness. Try doing one of these tips every weekday!



**1.** Over dinner, talk about 3 things you are grateful for.



**2.** Take a walk.



**3.** Send an email/message to someone you love.



**4.** Allow yourself to be present in the moment.



**5.** Plan a family activity night, like game night or movie night.



**6.** This morning, talk about what you are most excited for today.



**7.** Donate to or volunteer at an organization.



**8.** Draw a picture of someone or something you are grateful for.



**9.** Make a list of 3 things you want to do this year.



**10.** Sing a song together.



**11.** Limit screen time today.



**12.** Read a book.



**13.** Make dinner together.



**14.** Smile and say hello to every person you see today.



**15.** Focus on the positive. Try not to complain about anything today.



**16.** Ask your kids to share one thing they like about themselves and why.



**17.** Write down one thing you want to get done this weekend – and do it.



**18.** Do one random act of kindness today.



**19.** Color a picture.



**20.** Go to sleep a half hour earlier.



**21.** Send a text message to someone you miss.



**22.** You decide: How will you be mentally fit today?

For more mental health tips and information, visit [OnOurSleeves.org](https://www.onoursleeves.org). Share how you're being mentally fit. Use [#OnOurSleeves](https://twitter.com/OnOurSleeves) on social media.

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The Movement for Children's Mental Health



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