



Intermediate Summer Health, Wellness and Creativity Challenge!



This challenge encourages students to be creative and to explore different activities to support mental and physical health. For this challenge, **students will complete at least 20 activities and will provide evidence (pictures/videos) of one activity from each category on this [google form](#) by the end of the summer.** Remember, it is important to take time each day to be creative, physically active and to focus on your mental health and we hope these activities will help you do that!

Physical Activity	Fine Arts		Mental Health & Wellness
☐ Exercises for Teens ☐ Ironman HIIT Workout #2 ☐ Ironman HIIT Workout #4 ☐ Darebee Cardio ☐ Zumba ☐ HITT Cardio 1 ☐ HITT Cardio 2 ☐ Tabata 1 ☐ Tabata 2 ☐ Darebee Lower ☐ FB Lower Body ☐ Lower Body Strength ☐ Darebee Upper ☐ Arms & Abs 1 ☐ Arms & Abs 2 ☐ Darebee Stretching ☐ Darebee Abs ☐ Ironman Core Workout #1 ☐ Ironman Core Workout #3 ☐ FB Core ☐ Tabata Abs ☐ 8 Min Abs	Art ☐ Explore the MET ☐ Draw a One Point Perspective Drawing ☐ Choose one international art museum to tour virtually ☐ Install the Art Selfie App; take a selfie, and see if any look like you or your family members	Music ☐ Explore Music Theory Content ☐ "How to Practice Effectively" ☐ Explore Music ☐ Explore Line Rider Videos ☐ Rhythm Trainer ☐ Chrome Music Lab ☐ The Shed	☐ Darebee Yoga ☐ Yoga w/ Adriene ☐ Guided Meditation ☐ Portion Control and a Healthy Weight ☐ Vaping and e-cigarettes ☐ Nutrition Tips from PGA Player ☐ Write down or share three things you are grateful for ☐ Write a to do list and celebrate your accomplishments ☐ Write positive notes and post them around the house ☐ Be helpful outdoors by sweeping, pulling weeds or cleaning up ☐ Journal about your favorite family tradition or holiday – include why ☐ Play a game with your family ☐ Make a list of all your responsibilities for the day and check them off
	Dance ☐ Listen to a positive song and dance ☐ Explore Dance ☐ Dance Fundamentals ☐ Learn a Dance from the Rockettes	Theater ☐ Play charades using Zoom or FaceTime ☐ Write/perform an improvisational act for your family ☐ Watch "In the Heights" at The Kennedy Center	