

High School Daily Challenge List

Do 1 thing from each category each day – add your own ideas below!

Do Something Creative

- Draw
- Paint
- Color
- Make a collage
- Insert your own idea here: _____

Do Something to Help Others

- Clean out your closet & find some items to donate later
- Write a letter to a family member who might be lonely
- Walk an elderly neighbor's dog
- Insert your own idea here: _____

Do Something Active

- Walk
- Run
- Yoga or Pilates
- Basketball
- Soccer
- 4-Square
- Insert your own idea here: _____

Do Some Learning

- Write a Poem or Story
- Read something of interest & talk about it at dinner
- Research a topic of interest & create a presentation to share via FaceTime with your friends
- Insert your own idea here: _____

Do Some "Adulting"

- Deep clean your room, including washing your sheets & making your bed
- Think about a career that interests you and research it, including colleges that offer the program, cost, and the demand for it in the future
- Apply for a job online
- Plan a meal and cook it for your family
- Study for your learner's permit or learn how to change a tire
- Insert your own idea here: _____