

Week of March 30
High School Daily Challenge List
Do 1 thing from each category each day – add your own ideas below!

Do Something Creative

- Draw
- Color
- Make a friendship bracelet
- Learn how to knit, crochet or needlepoint by watching videos on YouTube or FaceTiming with a family member who can teach you
- Insert your own idea here: _____

Do Something to Help Others

- Research one way you can help someone in your neighborhood or community & create a plan to do it!
- Help a parent with something they need done
- Insert your own idea here: _____

Do Something Active

- Walk
- Jump Rope
- Yoga
- Basketball
- Hula Hoop
- Hopscotch
- Insert your own idea here: _____

Do Some Learning

- Write a Letter & Mail It
- Learn the history of your local neighborhood or community & share what you learn in some way
- Insert your own idea here: _____

Do Some "Adulting"

- Work on your typing speed using an online program like this [one](#)
- Read [this article](#) from the U.S. Bureau of Labor Statistics about Career Planning for High School Students
- Create a resume
- Make breakfast for your family
- Clean out your car (or a parent's car) or learn how to check the oil level in a car
- Insert your own idea here: _____