

# W.R.Myers Daily Challenge!

May 2529, 2020

This week we are asking you to participate in the scheduled activity each day. Take a picture of yourself doing the activity and at the end of the week send all 5 pictures to

[kimberley.wasylowich@horizon.ab.ca](mailto:kimberley.wasylowich@horizon.ab.ca)

Participation prizes will be awarded!

**Monday** - Practice 10 minutes of meditation or breathing exercises. Use your own or try this one

[https://www.youtube.com/watch?v=w\\_bmCKMrLYs](https://www.youtube.com/watch?v=w_bmCKMrLYs)

**Tuesday** - Enjoy a healthy snack!

For something different try something different

<https://www.theproducemoms.com/2019/08/06/frozen-bananayogurt-pops/>

**Wednesday** - Go outside and do something fun! Take a walk, go for a bike ride or practice yoga in your backyard.

**Thursday** - List 5 things you are grateful for.

See the link below for free printable gratitude journal prompts.

<http://zenandspice.com/printable-gratitude-journal-helpful-links/>

**Friday** - Read a book, listen to music or have a dance party!

Thanks for playing everyone!