

# WINTER WELLNESS CHALLENGE

Join After School Matters Winter Wellness Challenge December 20 through December 24! This five-day wellness challenge offers you the chance to **earn a \$100 stipend and have fun** while getting your friends and family to participate in healthy activities too! Complete three of five activities below at home, document the activity, and share with us along with a description of each challenge to earn a stipend during your winter break.

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If you're interested in participating in the Winter Wellness Challenge you must:



- [Fill out this interest form.](#)
- Then you will have to attend the kick-off event for more information on Friday, December 10 at 5:00 p.m. A Zoom link will be provided closer to the date.

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## WINTER WELLNESS CHALLENGES

### Challenge 1: Cook a healthy meal or snack

Make a healthy meal or snack for your family, take a picture of your creation, and send the photo along with a description of what you made.

### Challenge 2: Rock Your Block

Take a photo of your favorite spot in your community and send it along with an explanation about why it's your favorite spot. What about the place is special to you? What about your neighborhood makes you proud?

### Challenge 3: My Culture, My Pride

Share something about your culture through a song, dance, artwork, poem, a family recipe, or any other way you wish. Send along a photo or video of what you created along with a description.

### Challenge 4: Create a Mindful Meditation Video

Be Creative!! Go outside, find family and friends to be part of your video. Send your video along with a brief description.

### Challenge 5: Get Out and Get Moving!

Go on a hike with family and friends, share a home workout, take your dog for a walk, or participate in another healthy activity. Take a picture or video and send along with a brief description.