**The Olymp-i-a Challenge** Let’s make a beautiful, compassionate world!

**Goal:** To help youth learn, grow, and be strong in compassion, peace, green-living, and health.

**Why:** To move the world forward, we must move ourselves forward. The earlier we start positive habits, the better. We grow stronger in what we practice.

**How:** The Olymp-i-a Challenge is a simple, yet powerful, journaling exercise to help us make a habit of “thinking and doing” compassion in 3 key dimensions: peace, green-living, and health. It brings compassion into daily living. The “i” and “a” in “Olymp-i-a” stand for positive “ideas” and “actions.” The Challenge is to write or draw each day about a positive idea or action for peace, green-living, or health. As we do so, we increase our empathy, compassion, and awareness and strengthen life skills in peace, green-living, and health.

**Research base:** Journaling 3 gratitudes/day increases resilience, well-being, and success. The Olymp-i-a Challenge orients the successful outcomes of positive journaling to the 3 key PURPOSES of peace, green-living, and health.

**Instructions for Teachers/Youth Group Leaders:**

**1. Time Allotment:** Set the length of the Challenge- it can be any # of days or weeks (ideally 21 days of doing the Challenge). Allow 30 minutes for the first 1-3 sessions with youth to provide orientation/instruction/guidance. Then, only 10-15 minutes per day of the Challenge.

**2. Prep:** a) Pick a topic for the Challenge: Peace, Green-Living, or Health. Topics can be rotated month to month; b) Gather/organize materials needed (paper/journals, pencils/markers, etc.)

**3. Orientation (30 min) (Use Attachment 1):** Provide simple definitions and examples to help youth understand the topics of peace, green-living, and health and how the Olymp-i-a Challenge works.

**4. Doing the Olymp-i-a Challenge (10-15 min) (Use Attachments 2 & 3-5):** a) Set a regular time and place; b) Give youth a prompt question for the topic (peace, green-living, or health); c) Provide materials for youth to write/draw their answer to the question; d) Give reminder for the next day; e) Do the Challenge yourself; f) Give positive feedback and encouragement; g) Celebrate/honor the completion of the Challenge.

**ATTACHMENT 1: Orientation for Youth and Parents**

1. Talk briefly about the importance of “3D” compassion and the practice of peace, green-living, and health. Give simple definitions (see “Definitions and Examples” below). Ask youth “How do we help others? How do we help the Earth? How do we stay healthy? and let them respond. When they do this, they are giving you positive ideas and actions for peace, green-living, and health. This helps them see how easy it can be to think and do things for peace, green-living, and health. Explain that the Olymp-i-a Challenge is like a game or exercise that helps us practice and grow stronger (just like practicing reading, music, or a sport);

2. Give examples of simple positive ideas and actions for peace, green-living, and health (see “Definitions and Examples” below). Emphasize “positive”. We are practicing thinking and doing things that make the world better- caring for others, caring for the Earth, and caring for ourselves. A positive idea or action is not a complaint. If we don’t like something, what can we think or do to make it better?

3. Describe how the Challenge works: what youth will do, when it starts and ends, and what happens at the end (e.g. celebration/award). Provide a simple handout for parents (see “Sample Parent Handout” below). Encourage parents to help their children take the Challenge.

**Definitions and Examples of Simple Positive Ideas and Actions:**

**“Peace”** is how we help bring kindness and peace to ourselves and others, how we help each other and how we are kind to each other.

Examples of simple positive ideas and actions for peace:

Share something with someone, say “thank you” to your teacher or parent, give a hug, say something to make someone feel better, think of a project to help with hunger or poverty, give food to a food pantry, learn ways to care about others, read about the Nobel Peace Prize, do a kind act, be helpful, listen politely when someone is talking, show you are grateful.

**“Green-Living”** is how we help keep the earth healthy, how we help the plants, animals, the earth, the air, the water. We live in ways that help other living things grow and stay strong and healthy.

Examples of simple positive ideas and actions for green-living:

Plant a tree, pick up and throw away some trash, save some paper, make a place to recycle things, put things in the recycle, use only the water you need and not more, use only the paper you need and not more, plant a seed, help water a plant, help with gardening, learn about plants, trees, and animals and what makes them healthy, read a book or see a video about helping plants, trees & animals, see the beauty of the day, enjoy a walk outside, learn what the word “organic”means, write down what you think would make the earth more healthy, write a story about an animal, pick up your room

**“Health”** is how we help build strong bodies and minds in ourselves and others.

Examples of simple positive ideas and actions for health:

Brush your teeth, go for a walk, ride your bike, rake up leaves, read about how to stay healthy, exercise by playing a sport, play outside, run a race, skip, skate, swim, clean your room, eat healthy food, eat less candy, visit someone who is sick, tell a joke to make someone laugh, give a hug, get plenty of sleep

**Sample Parent Handout:**

Dear Parents,

We are starting a fun exercise called the “Olymp-i-a Challenge”. As part of this leadership program, we help youth grow strong in compassion, strengthening daily habits of peace, green-living, and health (caring for others, caring for the Earth, and caring for ourselves). Youth will be asked to think and do positive things that help make the world a better place. We want youth to realize that every positive step they take matters.

Each day of the Challenge, youth are asked to write or draw their answer to a question (on the topic of peace, green-living, or health). This will help them think about how to care for others, care for the earth, and stay healthy. We encourage you to support them in these habits of positive “thinking and doing” in their daily lives. A simple tip is to make it fun. Join with your child in a fun treasure hunt every day to find ways to help others, help the Earth, and stay healthy. We want to make it a simple and fun habit.

We welcome your support in this! Thank you!

\*\*Attached are definitions and examples of simple positive ideas and actions that youth may think or do.

**(Attach the “Definitions and Examples of Simple Positive Ideas and Actions” document.)**

**ATTACHMENT 2: Doing the Olymp-i-a Challenge**

1. Set a regular time and place during the youth group meeting or school class for youth to do the Challenge (can be any time- when they arrive, at a break time, computer time, etc.)

2. Give youth prompt questions for the topic (peace, green-living, or health) for each day of the Challenge. You can choose questions from **Attachments 3, 4, and 5**: “100 To Do Lists for Peace, Green-Living, and Health”. Or, make up your own questions. Present the questions on paper, on a chalkboard, on a computer, etc. It’s easy to create a simple “Olymp-i-a Challenge” journal for youth by cutting and pasting selected questions from the “100 To Do List”, leaving spaces to write/draw, and then printing.

3. Have materials for writing/drawing available (pencils, pens, crayons, paper, computer, mural paper, chalkboard, journals, etc.)

4. Ask youth to write/draw their answer to the question for the day and put their name and date on their work. You may want to have a place where you collect and keep their work.

5. Show youth the next question and ask them to think about it in their daily lives and have their answer ready next time.

6. Do the Challenge yourself- be a role model for youth; show enthusiasm for the Challenge.

7. Give positive feedback to youth for their positive ideas and actions. Appreciate all positive ideas and actions, even if repetitive. Show the youth that their positive ideas and actions are important and they matter. (Give a smile, a hug, words of encouragement (“good job”), a sticker, a checkmark… some form of recognition for their effort). Provide guidance as needed. On occasion, ask youth if they’d like to share their positive idea or action with the group/class (like “show and tell”)

8. Celebrate/honor the completion of the Challenge- e.g. give out “Olymp-i-a Challenge Champion” certificates, have a ceremony where youth read some of their positive ideas and actions, video youth talking about their ideas and actions and what they learned, publish an e-book of their positive ideas and actions, etc.

**ATTACHMENT 3: 100 To Do List for Peace**

**To Do for PEACE (100 easy & quick daily thinking and action exercises)**

*\*\* Teachers/Youth Group Leaders: Pick and choose the questions you want to use (in any order).*

1. What does the word “peace” mean to you?

2. What is one way a person can be kind to another person?

3. Tell about a time that you have been kind to someone.

4. What is one way a person can be kind to animals?

5. Tell about a time that you have been kind to animals.

6. Think of a time someone has been kind to you. What did they do?

7. Think of a time when someone has helped you. How did they help you?

8. How do you feel when someone is kind and helps you?

9. How do you feel when you help someone? Why do you think you feel that way?

10. When you see someone smile, how do you feel?

11. How can you show someone that you care about them?

12. What helps you feel calm and happy? What did you see, hear, smell, or feel today that made you feel calm and relaxed? When and where was it and why did it make you feel that way?

13. How do you feel when you get a hug?

14. Can animals be kind? Tell about a time that an animal has been kind.

15. Some children in the world do not have enough to eat. How can we help them?

16. Some older people are alone and do not have anyone to help them. How can we help them?

17. How can we help children who are sick and need someone to talk to?

18. What are you thankful for today?

19. Why are friends important?

20. What is one thing you can do to show your family how much you care about them?

21. Do you think that picking up trash is a way to be helpful and kind? Why?

22. How do you feel when you get a nice note or letter from someone?

23. How do you show it when you are happy? What happened today that helped you understand another person’s feelings? Where were you? What did you find out? How did it make you feel?

24. What if someone wears different clothes than you? How do you get to know that person? What is the kind thing to do?

25. What if someone talks differently than you? How do you get to know that person? What is the kind thing to do?

26. What if someone thinks in a different way from you? How do you get to know that person? What is the kind thing to do?

27. Tell about something you did today that is kind.

28. Draw a picture about peace and kindness.

29. Do you think that saying “please” and “thank you” are ways to be kind? Why?

30. What is a promise? If you make a promise, is it kind to keep your promise and do what you say you are going to do? Why?

31. What is one way you can help your teacher or parent?

32. Find a book with a story about someone who is kind. What is the title of the book? What is the story about? What happens?

33. Watch others today and find someone being kind to someone else. Tell about what the person did. How did it make you feel?

34. Do something kind today. Tell about what you did.

35. Help someone today. Tell about what you did.

36. Tell about something that a friend has done to make you feel happy.

37. Tell about a time when you felt safe and calm and happy.

38. What helps you relax?

39. Find out and write down the name of a person who is famous as a champion of peace.

40. Fill in the blank: “I am a champion of peace because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”

41-50. What did you do today to be kind and helpful?

51. Who is your champion of peace? Why?

52. What is the Nobel Peace Prize?

53. Name a person who has won the Nobel Peace Prize? What did that person do?

54. Where do you find peace?

55. What does the word “empathy” mean?

56. What does empathy have to do with peace?

57. Look up the word “peace” on the Internet and see what you find. Write down an interesting website or link to an interesting article about peace.

58. Look up the word “empathy” on the Internet and see what you find. Write down an interesting website or link to an interesting article about empathy.

59. Read an article about peace or empathy. Write down the title of the article and one thing you learned.

60. Write a poem about peace.

61. Find a song about peace. What is the name of the song? What is the message of the song?

62. How do you say peace in another language than your own?

63. How would you say the word “peace” in sign language?

64. What day is the International Day of Peace?

65. What is the name of an organization that works for peace? What does the organization do?

66. What is the name of an organization that helps provide food to people in need? Where is the organization located?

67. What would happen if every person did things each day for peace?

68. What does the word “compassion” mean?

69. What is the “Charter for Compassion”??

70. What is a famous treaty? Did the treaty help peace? If so, how? If not, why not?

71. Find a news article about peace? What is the name of the article?

72. Do you think there are more news articles about peace or about conflict? Why?

73. What will you do to make a more peaceful world?

74. What is a symbol of peace? How did it become that symbol? What does the symbol mean to you?

75. Read a book or magazine or an article on the Internet and find an example of people helping people. Write down the title of the book or article.

76. Read a book or magazine or an article on the Internet and find out something new about people from different countries and how they live. Write down one new thing you learned.

77. Catch someone doing something kind and helpful. What did the person do?

78. Find a group or organization of people who work to help people live better lives and learn more about that group. What is the name of the group and what do they do?

79. Give a smile to someone today. Describe a time today when you smiled at someone. How do you think they felt to see you smile?

80. Look for ways to be helpful. What is one thing you can think of to be helpful?

81. Sit quietly and breathe in slowly (counting to 10) and breathe out slowly (counting to 10). How does this make you feel?

82. Write a “thank you” note to someone who was kind or helpful to you. Write down that you did it.

83. What does listening have to do with peace?

84. Share something you like that is positive with someone else. Write down what you did. How did you feel?

85. Say something positive to lift the spirits of another person. Write down that you did it. How did you feel? How do you think the other person felt?

86. Think of a project you could do to help ease hunger or poverty. What is your idea? Who would you need to help you do it?

87. Listen politely when someone is talking to you and give that person your full attention (no cell phone or other interruptions). Write down that you did it. Do you think the person appreciated you listening in this way? Why?

88. Do you think laughter is good for peace? Why?

89. Does seeing a beautiful sunset bring you a feeling of peace? If so, why do think that is so? If not, what in nature does bring you a feeling of peace?

90. Look up “happiness” on the Internet and find an interesting article about it. Write down the title of the article.

91-100. What did you think or do today that helped bring peace into your world?

**Think of More To Do’s! Think and Do Peace!**

**ATTACHMENT 4: 100 To Do List for Green-Living**

**To Do for GREEN-LIVING (100 easy & quick daily thinking and action exercises)**

*\*\* Teachers/Youth Group Leaders: Pick and choose the questions you want to use (in any order).*

1. Have you ever tried to grow your own vegetables? If yes, what kind did you grow? What is one thing you learned? If not, what kind of vegetables would you like to grow if you could? Why?

2. Do you like to eat vegetables? Which ones? Why?

3. What is one positive thing about organic food?

4. Find a company that produces and sells organic food and write down something you find out about that company.

5. Do you think animals have feelings and emotions? How would you go about learning more about this topic?

6. Which animal do you think is most like humans and why do you think that?

7. List one or two good ways that animals help the Earth.

8. Are honey bees useful to us? How?

9. What is one way we can help honey bees thrive?

10. Tell one new positive fact you learn about whales.

11. Tell one new positive fact you learn about dolphins.

12. Find out a fact about the Earth’s natural resources and the current human use of them.

13. What are 1 or 2 ways that people are trying to preserve the Earth’s natural resources? Name one way that looks like it will be helpful and why you think that.

14. What is one thing that can be made from recycled glass?

15. Find out where and how paper is recycled in your community and explain.

16. What is wind power? Find out and describe how it works?

17. Describe how an animal shows kindness.

18. Name an endangered species and learn one new fact about that species.

19. Find an organization that helps endangered species. What do they do?

20. Describe a pretty walk in nature. What do you see, hear, smell, feel?

21. Why are trees important to the Earth?

22. What is “deforestation”? Name one place on Earth where deforestation is a problem.

23. Find a new invention that is helping the Earth. Describe what it does and where it is being used.

24. Recycle a piece of paper or a can or plastic and write down that you did it and when and where.

25. What do the words “carbon footprint” mean? What is one way to reduce your “carbon footprint”?

26. Plant a tree and write down that you did it and when and where. What kind of tree did you plant?

27. Is clean drinking water hard to find where you live? What can be done to help people get clean drinking water in places where it is scarce?

28. Name an organization that works to help people get clean drinking water.

29. Find where you can recycle batteries in your community.

30. Set up a place in your home where you put things to be recycled. Tell about what you did.

31. Have you ever bought something that has been recycled? Find something in a store that is made from recycled materials. What is it? What company made it?

32. What is one way we can help keep clean the air we breathe?

33. What is the ozone? Why does it matter to us?

34. What is a community garden? Do you have one or more community gardens in your area? If so, where are they? Call and find out how they work.

35. What does “USDA Certified organic” mean?

36. What does “non GMO” mean?

37. How do birds help us grow food?

38. Describe a pretty sunset. What does it look like? What makes the sunset colors?

39. Name a famous forest and find out how the trees are doing in that forest.

40. What does the word “sustainability” mean? Why is “sustainability” important?

41. Do you think we will use up our supply of fossil fuels in the Earth? Find out a fact that helps you learn more about that.

42. Name 1 or 2 companies that make electric cars. Do electric cars help the environment? Yes? No? Explain why you think so.

43. What is an organization that works to help the environment? What does the organization do?

44. Name a law that helps protect the environment. What do you think about that law? If you support it, why? If you disagree with it, why, and what would you do differently to support the environment?

45. Look up write down one fact about coral reefs and how they help the environment.

46. Name one photographer that has documented the beauty of coral reefs. Do you like the photography? Why?

47. Find and watch a documentary about the Earth’s climate and weather patterns.

48. Write down what you think about climate change and one fact about how it is impacting the Earth, animals, humans, etc.

49. Find out and write down one thing that the United Nations is doing about sustainability.

50. Name your favorite flower. Why do you like it? Where does it grow best?

51. Name 1 or 2 difficulties with organic farming and how organic farmers are dealing with these issues.

52. Find out 1 new thing about urban organic farms. Do you have one in your community? If yes, where is it?

53. What is the difference between “recycle” and “reuse.” Which do you think is best and why?

54. What is Earth Day? When is it celebrated? Have you ever celebrated Earth Day? If so, what did you do?

55. What is your favorite season of the year- fall, winter, spring, summer? What do you like about it?

56. Name a country in the top 10 users of the Earth’s supply of fossil fuel.

57. What is a current debate going on in the news that concerns the environment? Describe one issue being debated.

58. What is “green” architecture? Describe one thing you find out.

59. What is an aquifer? Why are aquifers important to the environment?

60. What is a watershed zone? Why is it important not to pollute in this area?

61. Are the water levels of the oceans rising? Find out and write down one fact about this issue.

62. Find a way to reuse something you were planning to throw in the trash and write about it.

63. Find and read an article about the environment.

64. Name the title of a book about the environment and what it is about.

65. Today, be extra diligent to save electricity by cutting off lights when you do not need them. Write about whether focusing on this for the day helped you do it. What would be a good reminder to help you remember to cut off lights when you leave a room?

66. Today, be extra careful to use only the paper you must use. Write about ways you find to save and not waste paper today.

67. Does your community have trash pick-up? Where does your trash go in your community? Find out and write it down.

68. How does a landfill work?

69. Today, take time to examine a plant or tree. Discover something interesting about the plant or tree and write about it.

70. Does your community have public transportation, like buses, subways, trains, van transport? Is it used a lot by people? If not, why not. What could make public transportation better?

71. Do you carpool? How can carpooling help the Earth?

72. Look around you and find a sign somewhere in your community that is helping people help the environment.

73. Look around you today and notice someone doing something to help the Earth. What did they do?

74. Find out how much water can be wasted by a dripping faucet.

75. Today be extra careful to cut off water faucets after using the sink. Write down that you did it.

76. Read about elephants and find out why they are at risk of extinction. Write it down.

77. Find out and write down the name of one organization that helps save elephants.

78. How does learning to read help the environment? What are your ideas about that?

79. Write down one thing you see, hear, or feel in nature that you are grateful for today.

80. What is the United Nations’ “Agenda 21”?

81. Write down one of the goals of “Agenda 21”?

82. Find out one thing that your country is doing to help reach the goals in “Agenda 21”.

83. Write a “thank you” note to something in nature that makes you feel good.

84. Participate in a community trash clean-up and talk about what you did.

85. What do you think would happen if we all did daily things to help the Earth?

86. Help keep your surrounding free of trash, clutter, litter. Start by cleaning your room or office and recycle things you do not need.

87. What would be some things you need to plant a garden?

88. Do you have to have a large space to grow vegetables? Find out one of the ways you can grow food in a small space and write it down.

89. Write down one positive thing about buying locally grown produce.

90. What is the difference between being “vegetarian” and being “vegan?” Write down the two definitions and what is different.

91. Find out and write one way farms are improving the care of farm animals, like chickens, pigs, and cows.

92. Look around you and find one simple thing you can do to help the Earth today and do it. What did you do?

93. Find a company in your community that is doing something “green” (good for the Earth). What are they doing? Call the company and thank them for taking that step and write down that you did it.

94. Write a letter to a government official to tell him/her how you feel about the environment and your hopes for your community, country, world.

95. Find out how you can join a community organization that is helping the environment. What steps would you need to take to join? How much time would it take?

96. Take or find a photo of something beautiful in nature and share it with a friend or family member.

97. Draw or paint a picture of something beautiful in nature. What did you draw/paint?

98. Pick an animal and imagine you are that animal. Find out and name the place where the animal lives and what kind of climate, plant and animal life “you” need to survive.

99. Find an event or fundraiser in your community that supports air or water quality, wildlife conservation, trash clean-up, planting gardens, or other ways to help the Earth. What, where, and when is the event? Who can participate?

100. Find and read a news article on the environment. What did you read? What did you learn?

**Think of More To Do’s! Think and Do Green-Living!**

**ATTACHMENT 5: 100 To Do List for Health**

**To Do for HEALTH (100 easy & quick daily thinking and action exercises)**

*\*\* Teachers/Youth Group Leaders: Pick and choose the questions you want to use (in any order).*

1. Do some exercise today.  What did you do and for how long?

2. Do you like to eat vegetables? Which ones? Why?

3. Is food that is “organic” healthier? Why or why not?

4. What is an organization that certifies food to be organic? What is one of the criteria that must be met for a food to be certified “organic”?

5. Find a company that produces and sells organic food and write down something you find out about that company.

6. What is one thing you can do help yourself feel calm and reduce stress in your life?  When can you practice this during your day?

7. Find out one health benefit of meditation. Write it down.

8. Name one way sleep is important to your health. How do you know the right amount of sleep for you?

9. Is the health of human being linked to the health of animals and the health of the Earth? How?

10. Why is it important to take care of your teeth? What is one daily thing you do to help keep your teeth healthy?

11. What does air pollution have to do with health?

12. Where is air pollution the worst in the world? What is one thing you can do in your daily life to help reduce air pollution where you live?

13. Go for a walk and tell about how it made you feel.

14. Go outside and enjoy nature and tell about how it made you feel.

15. What are 1-2 reasons people have found pets to be good for their health?

16. What do you feel when you listen to music? Do you ever listen to music that makes you feel calm? happy? What music makes you feel this way?

17. What helps you relax? How often do you have time to do this? Find out and write down a simple way to relax that does not take much time?

18. What is an organization that helps homeless people? What do they do? Where are they located?

19. Enjoy a sunset and write down what you see and how it makes you feel.

20. Take a photo of something beautiful in nature and share it with a friend.

21. Give a hug to one of your family. How are hugs good for health?

22. Sweep or mop or pick up trash. This is a form of exercise. Write down what you did and for how long.

23. What makes you feel happy and content? When in the last week have you felt that way? What happened?

24. When you are sick and have a cough, what is a good way to cover your cough so you do not spread germs to others?

25. When someone walks by you, smile and give them a nice greeting. Write down that you did it. How do you think the person felt when you did this? How does it make you feel when someone does this to you?

26. Tell one way that nature lifts your spirits. Tell about a time that this happened to you.

27. Name a person who you consider a champion of good health? Why?

28. How do you train to run long distances? How do you practice?

29. Describe on thing that massage does for health?

30. What is one good habit you have that helps you stay healthy?

31. What is one way that social media can be used to promote health? Give an example that you have seen.

32. Name 1 or 2 reasons it is healthy to take breaks from sitting for long periods at the computer? What is something you can do to take a short break?

33. What is the World Health Organization and what does it do?

34. Find out one thing that the United Nations does for world health.

35. Find one health statistic that helps describe the health of people in your country. What does it measure? Is there room for improvement? What is one recommendation to help improve this statistic?

36. Many people stretch before they exercise. Find out how stretching can be done most effectively and safely.

37. What is a key nutrient your body needs to survive? How much of the nutrient do you need on a daily basis? Do you get enough in your diet?

38. What is the difference between being a vegetarian and being a vegan? What are some of the health benefits of being vegan?

39. Find out an interesting fact about Genetically Modified Organisms (GMOs). What is one issue being debated about GMOs?

40. Name a law that helps reduce air pollution. What does the law do?

41. Name a law that helps reduce water pollution. What does the law do?

42. Read an article about health. What is the article and what is one thing you learned?

43. What is one way that knowing how to read can help you stay healthy?

44. Describe one way that peace, green-living, and health are connected.

45. Why is it important to wash your fruits and vegetables being you eat them?

46. What are some foods very high in fat? Do you eat any of these foods? What is a way to reduce the amounts of these foods that you eat? What would be a good substitute?

47. What are 1-2 ways that planting a garden good for your health.

48. What is an organization that is working to help stop bullying? What does the organization do?

49. What is one thing you can do to help prevent/stop bullying?

50. Find a fruit that is new to you and learn a new fact about it and find out what nutrients it provides.

51. How can we support television programming that is good for children’s health?

52. Find out and name some television shows focused on children and youth that talk about health?

53. Look around you during the day and find a sign that says something about health. What did the sign say? Did you learn something new?

54. Try to do one push-up (or, if you do push-ups regularly, try to do a few more than your usual number) each day for 7 days. At the end of the 7 days write down how you feel. Is it a little easier to do the push-up(s) now than at the beginning of the 7 days?

55. What is noise pollution? What does it have to do with health?

56. What is one traffic safety law that helps people stay safe and healthy?

57. Help a young person learn about the health risks of smoking. Describe what you did.

59. Be a good listener to a friend who needs your support. Write down one thing a person can do to be a good listener.

60. What are 1-2 things you can do to help a toddler or young child be safe in your house?

61. What is the name of an organization in your community that helps people get exercise? What do they do?

62. How many calories do you use when you swim for 30 minutes? Is the number more than the number of calories used when you jog for 30 minutes?

63. Name 1 or 2 foods that are good for heart health?

64. Name 1-2 ways that food quality is monitored and managed in your community or country?

65. How does trash disposal affect health in a community? Find out more about where your trash goes.

66. Read about obesity and find out the name of an organization or program that works to prevent it.  What does the organization or program do?

67. Name two things you can do to keep your skin healthy.

68. Do you think it is harder to treat an illness than to prevent an illness?  Explain what you think and why?

69. What is the name of an organization that helps people get health care services (such as medicine, good nutrition/diet, doctors, nurses, hospital care)?  What services does the organization provide? Who does it help?  Where is it located?

70. Name 1 health care issue of importance to people with disabilities. What is the issue and what is being done about it?

71. Name 1 or 2 ways that poverty impacts health. What is an organization that works to relieve poverty?

72. What are 1-2 health impacts of alcohol abuse? What can you do to avoid the health risks of drinking alcohol?

73. What is the definition of addiction?

74. What is a healthy habit you have?

75. Find one thing you did that was good for your health. What did you do?

76. Find out about exercise classes in your area and how you can join.

77. What are 2 ways you can help keep your eyes healthy?

78. Name one thing that you are grateful for that your community (school) does for health.

79. Name a sport that you enjoy doing. Do you do it regularly? If so, when was the last time and for how long? How did it make you feel? If not, is there a workout you can do alone or with a group to get good exercise?

80. How is laughter good for your health? When is the last time you had a good laugh? What were you doing? How did you feel?

81. Name 2 things that help your bones stay strong.

82. Help teach a child a sport. Volunteer your time to help coach or work with youth.

83. When you watch a television show, look for and identify what the people in the show do that is good for health. What are 1or 2 things you find. What is the television show?

84. Do some floor exercises and tell about exercises you did and for how long.

85. Read a magazine article about healthy living and wellness. What new fact did you learn?

86. Get a health check-up exam.

87. Get a dental check-up exam.

88. What are some illnesses carried by mosquitos? Are there any illnesses carried by mosquitos in the area where you live? What is 1 thing you can do to prevent mosquito bites?

89. Is outside playtime important for children? What do you think and why?

90. Sit quietly and breathe in slowly (counting to 10) and breathe out slowly (counting to 10). How did it make you feel?

91. Go for a swim and write down that you did. Describe how the water felt and how the swim made you feel.

92. Go visit someone who is sick to help lift their spirits and to let them know you care. Write down that you did it and how it made you feel.

93. Tell a fun joke to make someone laugh. Write down the joke and what happened when you told it.

94. Read about a chronic medical condition (such as diabetes) and find out 1-2 things that a person with such a condition can do to keep themselves as healthy as possible.

95. Write down a definition of sanitation. Tell one way that sanitation impacts health? Tell 1 way to improve sanitation.

96. How does planting a tree impact health? Describe 1 or 2 ways.

97. Walk or ride a bike for transportation instead of riding in a car. Write down that you did it. What was good about it?

98. Learn something new about meditation and how it works. Write down one thing you learn.

99. What does empathy have to do with health? What do you think and why?

100. What will happen if you practice healthy habits every day? What do you think and why?

**Think of More To Do’s! Think and Do Health**