

# WEEKLY CHALLENGE WORKBOOK

## *What is a* **WEEKLY CHALLENGE?**

Every week, we will share challenges that encourage positive choices, whether you're seeking new experiences, looking for fun, or just battling boredom. These challenges are meant to boost not only your self-esteem but also your overall well-being.

**Are you ready for it?**



@IChooseMeFL   

# WEEKLY CHALLENGE

## #1 Try a New Hobby



# TRY A NEW HOBBY

## Weekly Schedule

### Monday

**Embrace the unknown!**  
Today is your chance to explore hobby ideas. Look online, ask your friends, visit a craft or hobby store. Find one that sparks joy, helps you relax, or fascinates you!

### Tuesday

**Research:** Dig a little deeper by researching online tutorials, joining a community chat, and gathering resources to begin.

### Wednesday

**Start fresh with the "Beginner's Mindset":** Begin learning, be kind to yourself, and remember, thnd even masters were once rookies.

### Thursday

**Supplies & Setup:**  
Borrow from a friend or from friend or ask your school for the gear you need. Set up a special hobby-only zone where you'll explore your new interest like a pro!

### Friday

**First Try:** You have to start where, so "rip the bandage" and give your hobby a try. Whatever it is, immerse yourself in the experience. Don't be afraid to make mistakes or to look silly.

### Saturday

**Reward yourself:** Take a moment and give yourself a pat the back for just getting started!



# WEEKLY CHALLENGE

## #2 Random Acts of Kindness



@IChooseMeFL



## Simple ways to show kindness

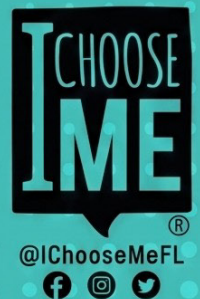
- ◆ Write a thank-you note or message to someone who has made a difference in your life.
- ◆ Smile at strangers and greet them with a friendly "hello" as you go about your day.
- ◆ Offer help to someone, such as running an errand or helping with a task.
- ◆ Share simple, honest compliments or affirmations with those around you.
- ◆ Practice generosity by volunteering your time, or sharing resources with those facing challenges.
- ◆ When you make others feel good, you feel good too!



# INCLUDE EVERYONE!

Let's make sure no one feels left out. Invite others to play games, join in conversations, or sit with you at lunch.

Everyone deserves to feel included!



# BE A BUDDY, NOT A BULLY!

Words and actions have power.  
Let's use them to lift each other  
up, not tear each other down.

Stand up to bullying and spread  
kindness instead!

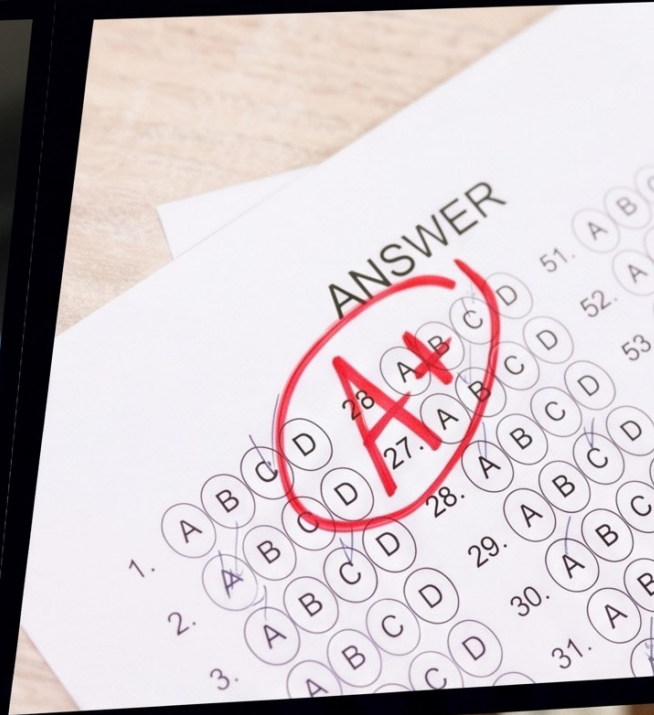


@IChooseMeFL



# WEEKLY CHALLENGE

## #3 Set a Goal



@IChooseMeFL



# HOW TO SET SMARTER GOALS

## EXAMPLE

01

BE SPECIFIC

*"I want to get my driver's license."*

---

02

BE REALISTIC

*"I want to get my driver's license before I graduate from high school."*

---

03

BREAK THEM INTO STEPS

*"Step 1: Enroll in driver's education course."*

---

04

DATES & DEADLINES

*"Schedule DMV tests when I finish my course."*



# WEEKLY CHALLENGE

## #4 Family Bonding



@IChooseMeFL



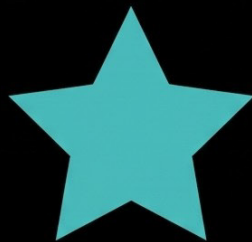
# FAMILY BONDING BINGO

Ask your child to help prepare breakfast for dinner

Leave an "I love you" note for your child to find

Carve out time to tell jokes to each other

Have an indoor scavenger hunt



Ask your child to describe one kind thing they did today

Go for a bike ride together

Have a family game night

Ask your child what activity they want to do again



# WEEKLY CHALLENGE

## #5 Crafting



@IChooseMeFL   

# Easy Summer Craft Ideas



Decorate two cardboard tubes and turn them into binoculars



Dip a fork into some paint and press onto paper to make fireworks pictures



Paint and glue together popsicle sticks to create a plane



Create a summer noisemaker by tying ribbons and bells to a stick

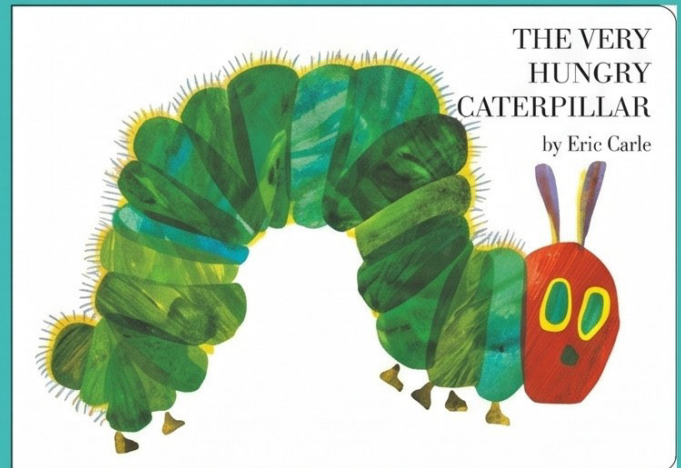
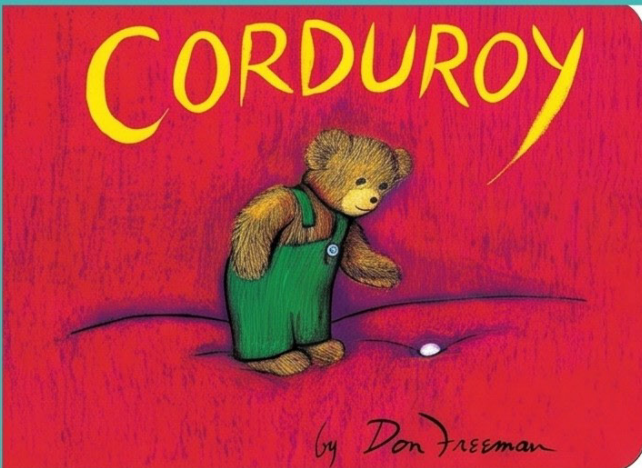
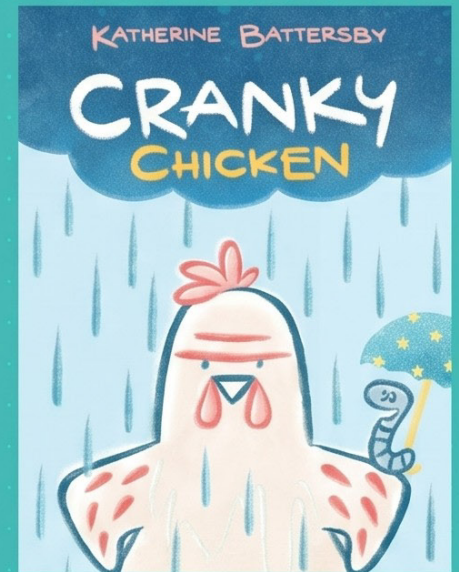
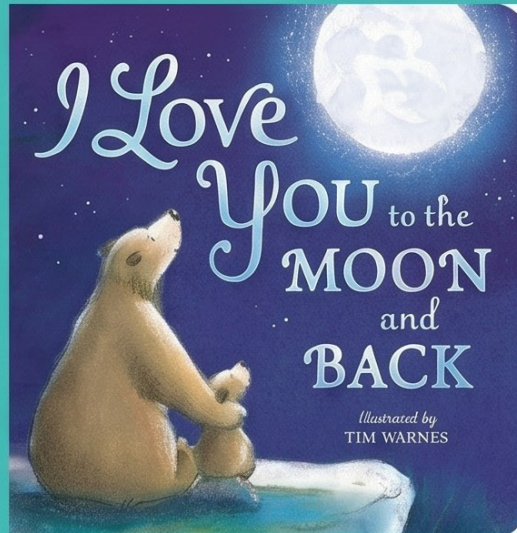
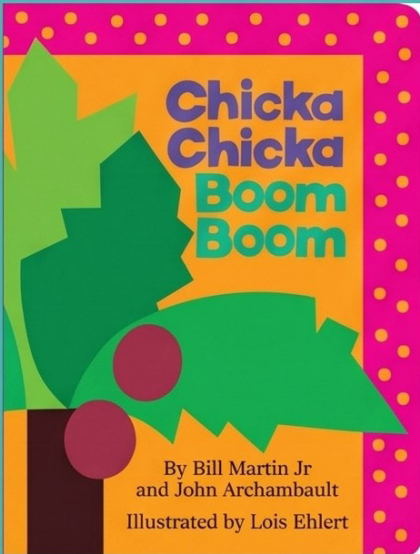
# WEEKLY CHALLENGE

## #6 Reading



# Summer Reading Recommendations

**Ages 0-3**



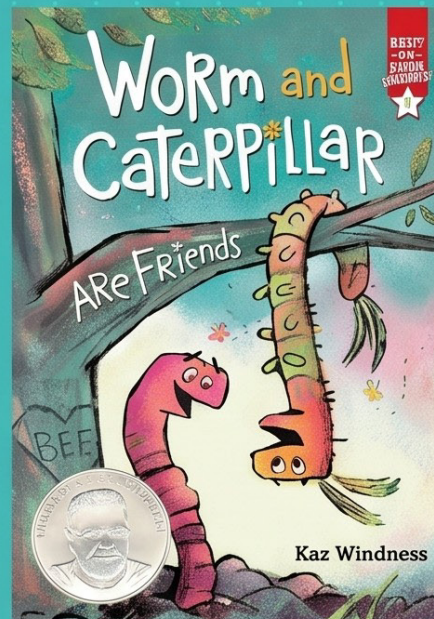
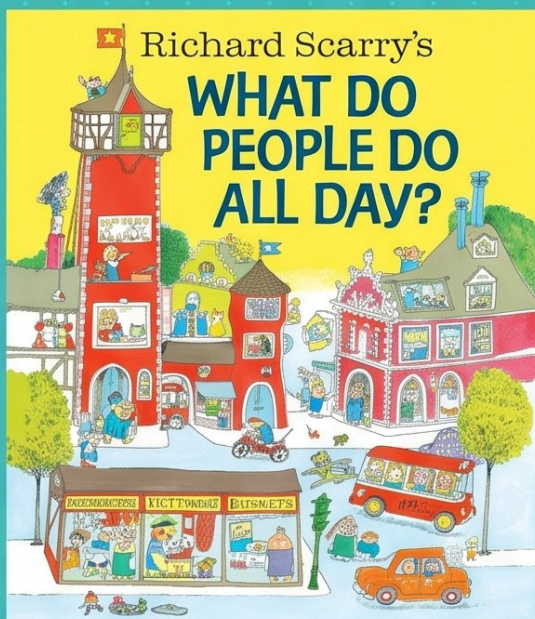
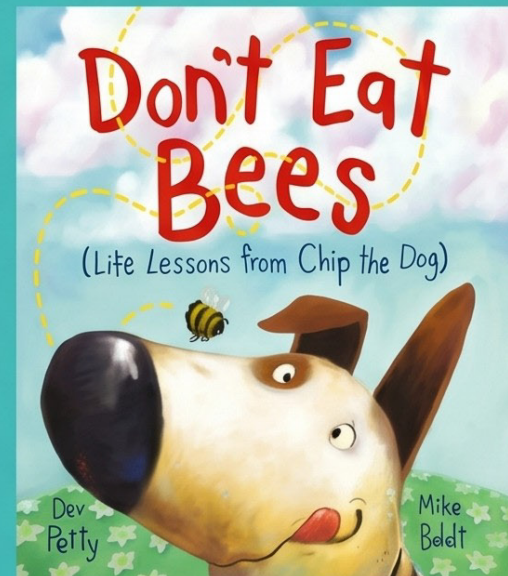
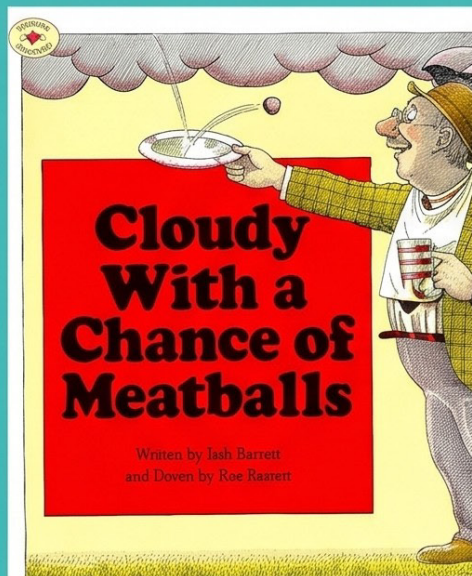
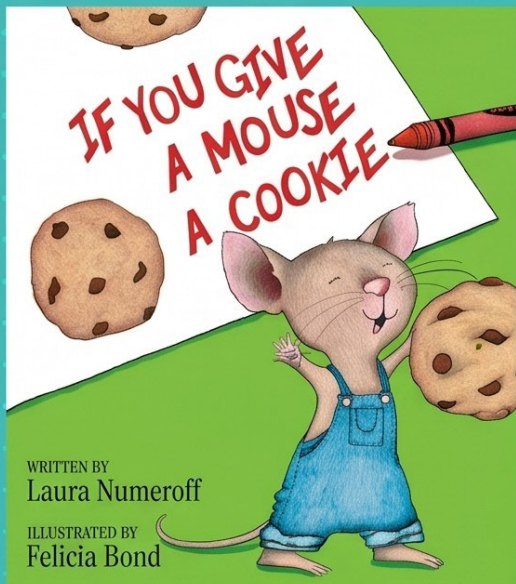
**The featured titles are suggestions only. Please use your discretion in helping your child choose what to read.**

@IChooseMeFL   



# Summer Reading Recommendations

Ages 4-8



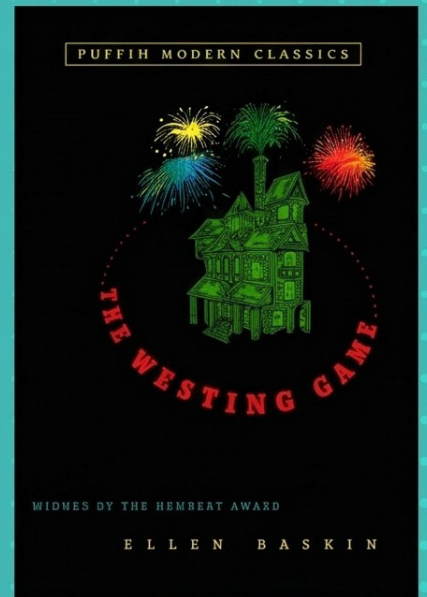
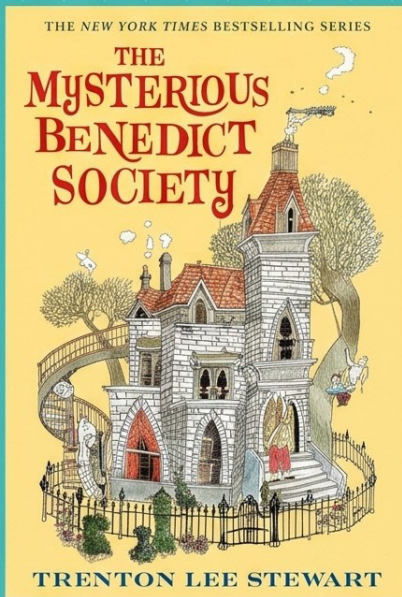
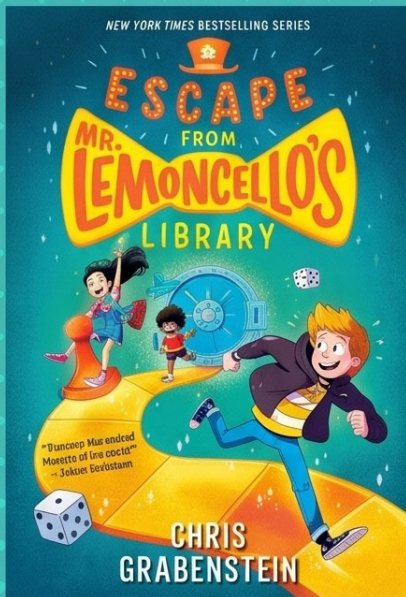
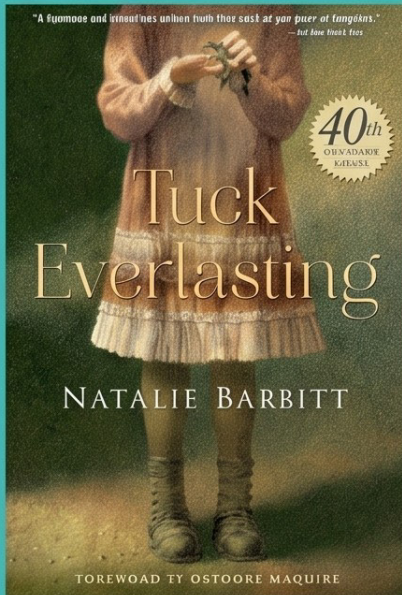
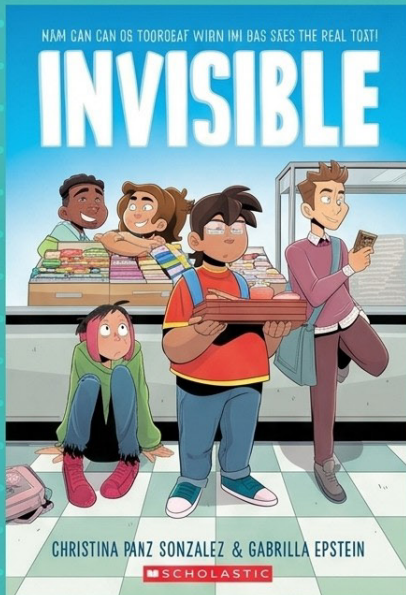
*The featured titles are suggestions only. Please use your discretion in helping your child choose what to read.*

@IChooseMeFL



# Summer Reading Recommendations

**Ages 9-12**



**The featured titles are suggestions only. Please use your discretion in helping your child choose what to read.**

@IChooseMeFL   

# WEEKLY CHALLENGE

## #7 Get Your Hands Dirty



# 7-DAY Gardening Challenge

## Day 1

### Planting Seeds:

Pick your seeds and plant them in pots or the garden.

## Day 2

### Water the Plant:

Water your seeds and learn why plants and sunlight.

## Day 3

### Explore a Garden:

Look for different plants, bugs, and birds at a park or your local

## Day 4

### Weed and Mulch:

Pull out any weeds and spread mulch if around your plants

## Day 5

**Trim the Plants:** Cut off dead leaves and flowers to help plants grow better.

## Day 6

### Make Garden Art:

Create garden markers or decorations with paint and crafts.

## Day 7

### Share your plant:

Take a picture and share it with a friend or family member



# WEEKLY CHALLENGE

## #8 Show Respect



@IChooseMeFL



# 7-DAY

## Respect Challenges for Families

### ◆ Day 1 ◆

For children, practice saying "please," "thank you," and "excuse me".

### ◆ Day 2 ◆

For children, listen attentively when others speak. Avoid interrupting.

### ◆ Day 3 ◆

For parents, give examples and ask your child how the person might be feeling.

### ◆ Day 4 ◆

For children, perform one act of kindness today, such as helping a friend or complimenting someone.

### ◆ Day 5 ◆

For parents, use images to talk about respecting diversity.

### ◆ Day 6 ◆

For children, follow all rules and instructions without reminders.

### ◆ Day 7 ◆

Repost this challenge to your stories and mark with an emoji what you accomplished!

@IChooseMeFL   



# WEEKLY CHALLENGE

## #9 Mental Health Checklist



# BACK TO SCHOOL

## Mental health checklist

**Discuss possible changes**

Talk positively with your child about any changes that will be happening this school year.

**Get back into a routine**

Gradually shift back to school-year evening and bedtime routines.

**Talk about expectations**

Discuss goals and expectations—yours and your child’s strategies to make sure they succeed

**Connect with the school**

Encourage involvement and a sense of excitement in your child by checking out upcoming schools.

**Book medical appointments**

Make sure health records are up to date and discuss any mental health concerns you have for your child.

**Keep checking in**

Take a moment to check in with them about their school day and discuss how it made them feel.

# WEEKLY CHALLENGE

## #10 Active listening



@IChooseMeFL



# TRY THESE ACTIVE LISTENING ACTIVITIES!

## Storytelling circle

Sit in a circle and set the scene for a story. "Pass on" to the next child and they'll continue the tale!

## What did you hear?

Ask your child to close their eyes for 30 secs. and listen. Ask them about all the things they heard.

Try these  
active listening  
activities!

## 10 questions

Think of an animal, thing, or place, and have your child ask "yes or no" questions to guess the answer!

## Modeling clay

Give your child instructions to help them build a tower out of modeling clay and toothpicks.



# WEEKLY CHALLENGE

## #11 Journaling



@IChooseMeFL



# WEEKLY CHALLENGE

## #11 Journaling

### 10 fun journaling prompts

- ◆ Describe something you're really good at doing.
- ◆ If you've had an imaginary friend, write about them
- ◆ How do you feel about surprises?
- ◆ How do you feel co\$win?
- ◆ What superpower would you like to have and why?
- ◆ Write about a piece of art you enjoyed making.
- ◆ What makes someone a good friend?
- ◆ Write about something special you own
- ◆ You wake up as a teacher. Plan the day for your class!
- ◆ What's your favorite thing to do during recess?
- ◆ You traveled to the moon with friends. What was it like and what did you enjoy most about the trip?



# WEEKLY CHALLENGE

## #12 Self-Care



# Simple self-care ideas

- ◆ Spend time with a friend or a family member
- ◆ Get enough sleep
- ◆ Spend time outside of your bedroom
- ◆ Go for a walk (or just sit) outside
- ◆ Take a one-hour break from screen time
- ◆ Experiment in the kitchen with a recipe
- ◆ Write about how you feel today
- ◆ Tidy up your room or desk
- ◆ Listen to your favorite playlist, or create one
- ◆ Give yourself a shout-out
- ◆ Practice a breathing exercise



# WEEKLY CHALLENGE

#13 Cook with your family



@IChooseMeFL



# Fun Cooking Ideas



As a family, choose a country or region you'd like to explore through its cuisine.



Find a special family recipe and cook it together!



Split into teams and have a cook-off! Designate a judge and see who wins.



Bake cupcakes and decorate them together.



# WEEKLY CHALLENGE

#14 Choosing your values



@IChooseMeFL



# CHOOSING YOUR VALUES

## Weekly Schedule

### Day 1: List Your Values

- ◆ Think about and write down the values that are most important to you (e.g., honesty, kindness).

### Day 2: For each value, ask:

- ◆ Is this important to me?
- ◆ Do I feel good about it?
- ◆ Would I be proud if others knew it matters to me?
- ◆ Have I displayed this value through my words and actions?
- ◆ Would I stand by it even if teased?
- ◆ Does it match my vision of who I want to be?

### Day 3: Conflict Reflection

- ◆ Think of a time you had to choose between two values. How did you decide which to prioritize?



# CHOOSING YOUR VALUES

## Weekly Schedule

### **Day 4: Share and Reflect**

- ◆ Share one value with someone and explain why it's important. Reflect on their feedback.

### **Day 5: Write about it**

- ◆ Write a brief paragraph about a value you discovered and a situation where you had to choose between values. Share with someone close to you.

### **Day 6: Take action**

- ◆ Live your life with your values in mind. Defining your values helps you make decisions that align with who you are.



# WEEKLY CHALLENGE

#15 Write a story



# Crafting A Good Story: A Checklist

- Create a character:** a talking animal, a robot, a magical creature. Whatever they please!
- Come up with a setting:** is the story taking place in the US? A magical land? In space?
- Think of a beginning:** How will the story begin? How will they introduce the characters and setting?
- Develop a conflict:** what problem does the main character have? How will they solve it?
- Plan an ending:** will it be a happily ever after, or a cliffhanger? An ending can tie the story all together!
- Write it out:** sit with your child and watch them write their story!