



CARE ENOUGH CHALLENGE



GRATITUDE

Refocus your thoughts and explore ways to practice being grateful.

Activity overview

Setting some basic goals for the day

Equipment required

Something to write on and to write with

Time required

Unlimited

WHY: This activity is a good way to help motivation to complete tasks during the day.

The 'Care Enough' Challenge is simple. You say to yourself, 'Today I will care enough to....!'

- Clean my room before I am told to
- Write a note to someone that has helped me
- Eat well and exercise for my body, mind and soul
- Say sorry to someone that I have hurt
- Pick up rubbish I see lying around and put it in the bin
- Stop if I see someone having a hard day and ask if they are ok
- Set an achievable goal for myself and put into action a plan to achieve it
- Sit for a moment and really enjoy the beauty and wonder of the world around me
- Help my family where I can
- Look after myself in my thoughts and actions
- Learn something new
- Think of others and help others
- Speak up and share my ideas
- Look and listen
- Tell the people that I love that I love them
- Walk or spend quality time with my pet
- Limit how much time I spend gaming or on social media
- Cook a meal for my family
- Do something silly to make someone laugh

The list is potentially infinite. Have a go at coming up with and committing to some of your own 'Care Enough' challenges for today.

This information is not for sale. It is for educational purposes only.

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