



Employee  
**health &  
 wellness**  
 day  
**CHALLENGE**

# JSD Wellness Day Challenge

February 7-16, 2025

This Wellness Day Challenge sheet contains suggestions for personal wellness activities that you can do on Wellness Day *and in the week following*. Bonus points will be awarded to those who participate in any of the activities with a colleague.

Our community cares about YOU and has donated hundreds of prizes that will be awarded to participants including gift baskets, event tickets, and even a vacation from Get Away Today!!

<i>Activity</i>	<i>Points</i>	<i>Bonus</i> (if done with a colleague)
Create a plan for your <u>everyday</u> wellness and follow it for three days, <a href="#">here are some examples</a>	15 points	+5
Participate in a discussion to get to know your co-workers using a group discussion guide, like <a href="#">this one</a>	10 pts/event	+5
Participate in an in-person <a href="#">wellness experience</a> hosted by JSD, your school, or a community partner	10 pts/class	+5
Watch a virtual webinar from our District partners via <a href="#">PEHP</a> or <a href="#">Blomquist Hale</a>	5 pts/event	+5
Try a guided meditation of some kind. (Try <a href="#">Headspace</a> , <a href="#">Calm</a> , <a href="#">The Way</a> , or YouTube for free)	10 pts/meditation	N/A
Complete a random act of kindness (click <a href="#">here</a> for 100 ideas!)	5 pts/act	+5
Listen to, read, or watch something related to your wellness; <a href="#">here</a> are some ideas	5 pts/act	+5
Take a <a href="#">mindful walk</a>	10 pts/walk	+5
Do something fun! Play board games, yard games, karaoke, or something else you enjoy.	10 pts	+5
Tidy up your workspace, Google Drive, or email inbox	10 pts	+5
Be proactive about your wellness: take a course, schedule a check-up (or therapy), or attend a screening	10 pts	N/A
<b>Total Points</b>		



**Enter our drawing once you've earned at least 50 points!**

Submit your score card by clicking [HERE](#) or scanning the QR code.