

Name: _____

School/Dept.: _____

Directions: Cross off (X) 3 activities in each of the 5 categories (for a total of 15) below. Turn in your challenge form to **your school's main office** by February 26 for the chance to earn RSU 18 swag AND be entered into the drawing for a gift card to local businesses!

Sunrise bagel, Oliver & Friends Bookstore, Green Lux, Harvet Moon Deli, and many more!

IT'S A Winterful Life!



POWER OF ME CHALLENGE

Be Present	Be Positive	Be Purposeful	Be Playful	RSU 18 & Community Events
Put away phones/devices and spend quality time with family/friends	Watch a movie or show that makes you smile or laugh	Plan & prepare meals or snacks for one week	Go sledding, tubing, skiing (nordic/alpine), snowshoeing, or ice skating	Support a local restaurant or business
Be present in nature by getting outside to do an activity Share the activity: _____	Listen to music that motivates you or a positive podcast	Lighten the load for someone Ex: a chore at home, snow removal for a neighbor	Try a new indoor activity. Ex. Cooking class, art class, dance class, trampoline park I tried: _____	Participate in a local ice fishing derby OR attend an outdoor community event See events at the bottom of the page
Play a game! (board game, card game) or... Work on a puzzle with someone	Give student or colleague a compliment	Set a new goal to achieve by 2/23/25! Ex: exercise, nutrition, sleep, for the day or week.	Go for a winter hike, or outdoor walk/run with a friend/family member!	Support a cause or volunteer Share what you did: _____
Read a winter themed book Title: _____	Tell someone a joke, share a funny video/meme	Prioritize sleep/rest Ex: get 7-9 hours	Play in the snow! Ex: build a snow sculpture or fort, snow angels, friendly snowball fight	Attend an RSU 18 Extracurricular Event Example: sporting event, school or PTA event, concert
Visit a new place	Be open to trying new winter activity Share the activity: _____	Get organized in one of your spaces Ex: desk, room, backpack, locker	Create your own winter adventure Ex: go snowmobiling, create a scavenger hunt	Do a random act of kindness for someone in your school or the community

