

Youth in Wellness – Activity Checklist



Looking for fun ways to boost your health and wellbeing this fall?

Join CCSA's Youth in Wellness challenge by completing activities from the checklist below.

- Write in a journal
- Meditate for 20 minutes
- Make a playlist
- Hike with a friend
- Swim in a lake
- Draw a self-portrait
- Take your pet for a walk
- Plan a scavenger hunt
- Bake a cake or loaf of bread
- Walk or run 1 kilometre
- Write a short story
- Try a new musical instrument
- Take a bath
- Cook with a new food or try a new recipe



Have other activities you'd like to share with us? E-mail us at info@ccsa.ca or join the conversation on Facebook, Twitter and Instagram using #YouthinWellness.

