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.