



RESET<< CHALLENGE

MIND

Build your Healthy Habit and win prizes! From February 20-26, when you get a BINGO (5 in a row), enter to win the weekly \$50 Gift Card at this link: bit.ly/3Gn4KuY

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Help re-find play in your life by watching a Mind Matters video at YMCA360 (under Mind & Body)

Using free online typing games, improve your computer typing skills

Learn 10 new words in a different language; record yourself saying them correctly!

Find a new movie or show to try that is outside of your typical genre of viewing

Re-train the brain: use the opposite hand for basic tasks like brushing your teeth!

Share a silly joke or quote with a YMCA staff member.

Find an interesting discussion board online or on social media and engage in the discussion!

Teach someone in your life a new skill. Make a short video or photo collage to share with others.

Learn 1 new skill that does NOT involve technology

Pick 3 days this week to wake up 10 minutes earlier than normal. Spend that extra time setting positive intentions for your day ahead.

Take one hour to do a deep dive on a new learning: history, science, biographies

Spend 30 minutes listening to a new genre of music (something you wouldn't typically listen to!)

**FREE
SPACE!
YOU
ROCK!**

Try a guided meditation at YMCA360 two days this week

Take a different and longer route to work, school, or home this week.

Complete two Crossword Puzzles or word puzzles

Pick two nights to reboot and improve your bedtime routine: remove distractions like screens 30 minutes before bed.

Take five 15-minute screen-free 'quiet breaks' this week.

Sharpen your motor skills and dexterity by doing a 'hands-on' activity (woodworking, painting, crochet, instruments, etc.)

Read a book or magazine 3 days this week for a minimum of 15 minutes each time

Memorize 3 new 'fun facts' about an important person in your life

Visit the produce section and pause to learn the names and features of 3 new fruits/vegetables

Dance to your favorite song from beginning to end.

Take 30 minutes to learn a NEW card game online or from a book.

Smile at a stranger this week

Activities can be modified to suit your abilities