

Parent and Caregiver Daily Challenges!

You Rock!

It is important to take care of yourselves, too, during this time! Here are some ideas that the teachers compiled for you!

Daily Parent Challenge

BUY A PLANT OR FLOWERS
TO BRIGHTEN YOUR SPACE

Daily Parent Challenge

GET 8 HOURS OF SLEEP



Daily Parent Challenge

PLAY CLASSICAL MUSIC
(OR YOUR FAVORITE MUSIC)



Daily Parent Challenge

TAKE A FEW DEEP BREATHS



Daily Parent Challenge

EAT A HEALTHY SNACK
INSTEAD OF STRESS EATING



Daily Parent Challenge

EAT DESSERT

Daily Parent Challenge

[HTTPS://WWW.YOGAGIRL.COM/LOGIN](https://www.yogagirl.com/login)

CREATE FREE A ACCOUNT AND RECEIVE 1
FREE ONLINE CLASS A DAY

Daily Parent Challenge

FREE ONLINE YOGA/MEDITATION CLASSES

[HTTPS://WWW.COREPOWERYOGAONDEMAND.COM
/KEEP -UP -YOUR -PRACTICE](https://www.corepoweryogaondemand.com/keep-up-your-practice)

Daily Parent Challenge

START A JOURNAL

Daily Parent Challenge

ORDER TAKEOUT AND SKIP
MAKING DINNER



Daily Parent Challenge

CALL A FRIEND OR RELATIVE YOU
HAVENT TALKED TO IN AWHILE



Daily Parent Challenge

CONNECT VIRTUALLY WITH A FRIEND



Daily Parent Challenge

DANCE TO YOUR FAVORITE SONG



Daily Parent Challenge

EXERCISE FOR 15 MINUTES

Daily Parent Challenge

HAVE A FAMILY DINNER WITH
NO ELECTRONICS

Daily Parent Challenge

GO FOR A WALK BY YOURSELF

Daily Parent Challenge

ORGANIZE ONE CLOSET TODAY

Daily Parent Challenge

READ A BOOK OR MAGAZINE



Daily Parent Challenge

TAKE A BREAK FROM THE NEWS



Daily Parent Challenge

TAKE A BUBBLE BATH



Daily Parent Challenge

TRY A NEW RECIPE



Daily Parent Challenge

WATCH YOUR FAVORITE MOVIE

Daily Parent Challenge

TRY MEDITATION OR YOGA
VIA YOUTUBE

Daily Parent Challenge

SING LIKE NO ONE IS
LISTENING

Daily Parent Challenge

START A NEW CRAFT



Beard Elementary