

Try Something New Thursday

Do your best to find a little time for yourself each day to do whatever allows you to feel relaxed, restored and ready to meet the challenges ahead. Be open to exploring new hobbies, interests and ways to pause as you expand your self-care practice.

Trying something new is a great way to keep from getting bored and is a fun way to get yourself out of routine. It can also provide a new challenge to conquer, a new product to be proud of and it helps you to grow as a person.

Tip- Take time to discover new things you might enjoy or have wanted to try. Maybe there's a new book you want to read, a show or movie you've been meaning to watch, a skill you've been interested in, or just something new to try.

Activities:

Visit a Museum- [Virtual Museum](#)

Make Homemade Slime- <https://youtu.be/jWqNK-BGRz8>

Rooks to Cooks- <https://www.youtube.com/channel/UCx4sEMGDmHWixHb9mE-msJw>

Make an Indoor Garden- <https://kidsgardening.org/garden-activities/>

Listen to 5 new songs from different genres- dance around, how does your body move differently to each song?

Paint Rocks and leave them around your neighbourhood- <https://rockpainting101.com/rock-painting-ideas/>

Camp out in your backyard

Make a homemade Checkers game board

Nature Walk Challenge- see how many bugs you can find, types of flowers, different birds, etc.

Garage Challenge- take scrap pieces of wood etc., from the garage and try to build something functional

#HCDSBSelfcare

#HCDSBMentalHealthWeek