



In our busy lives, it is important for our mental wellbeing to take time for ourselves to relax or participate in a favorite relaxing hobby. For this challenge **aim to achieve 450 minutes of relaxation during the month of April**. This is only 15 minutes a day. Anything that relaxes you and you enjoy counts. Ideas include taking a long, warm bath, reading a book, listening to nature sounds, going for a walk, engaging in meditation or yoga, a relaxing hobby, getting a massage, enjoying a cup of tea, etc.

**TO PARTICIPATE:**

**Step 1-** Register at <https://www.rappc2bf.com/chill-challenge>

**Step 2-** Starting April 1<sup>st</sup>, engage in relaxing activities & track your minutes.

DATE	MINUTES	DATE	MINUTES	DATE	MINUTES
4/1		4/11		4/21	
4/2		4/12		4/22	
4/3		4/13		4/23	
4/4		4/14		4/24	
4/5		4/15		4/25	
4/6		4/16		4/26	
4/7		4/17		4/27	
4/8		4/18		4/28	
4/9		4/19		4/29	
4/10		4/20		4/30	
				TOTAL:	

**Step 3-** Submit your total minutes by **May 2<sup>nd</sup>** at [www.rappc2bf.com/chill-challenge](http://www.rappc2bf.com/chill-challenge). If you achieved a minimum **450 minutes** of relaxation during the month of April, you will be entered into our prize drawing.



**PRIZE DRAWING**  
**2 LUCKY WINNERS WILL EACH RECEIVE A CAMPING HAMMOCK**

*Color and brand may vary. Prize must be picked up from the school board office.*