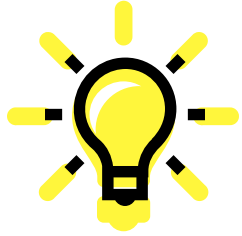


Nation Builder Engagement

June 8- 14, 2020



Mind

Get your creative brain juices flowing!

You're Hired!!

Imagine you are hired to make an improvement to any part of your community. What do you want to improve? Create a plan, include a budget, and write a letter stating your plan. Share your proposal with someone in your community. Ask them for feedback.

Suggested Books to Read this Week:

Don't Touch My Hair by Sharee Miller
<https://safeyoutube.net/w/DP3I>

My Family is a Family by Sara O'Leary
<https://safeyoutube.net/w/mFgJ>



Body

Get your heart rate up!

Practice your baseball skills. Go outside and play catch with a friend or family member. Each time you or your partner drops the ball you have to do 25 jumping jacks.

Set a family walking goal. How far are you going to walk this week? How will you measure this (i.e., steps, meters, kilometers, landmarks)? How far will you need to walk each day to meet your goal?



Soul

Take time for yourself!

Gratitude Scavenger Hunt

You can find this on our website or social media accounts.

Five-finger Starfish Meditation: Start with one hand in a starfish position (fingers spread wide) gently trace up and down each finger with the other hand, focusing on regular breathing at the same time.

Plant a garden or re-grow store bought vegetables in water. Celery, and lettuce are quick and easy to re-grow!



Gratitude Scavenger Hunt

1. Find something that is useful for you
2. Discover something new
3. Find something that reminds you of the people you love
4. Find something you are grateful for
5. Find something that tastes good
6. Find something you know someone else will enjoy
7. Find something outside you enjoy looking at
8. Find something that is unique to you
9. Find something that makes you laugh
10. Find someone you are grateful for. Tell them why.
11. Find something that makes a beautiful sound
12. Find a place that you love
13. Find something that is your favourite colour
14. Find something that makes you happy
15. Find something that smells amazing
16. Find something in the night that you enjoy
17. Share your favourite book with somebody
18. Find something in the morning you enjoy
19. Find something that makes you feel safe
20. Find your favourite place to spend alone time

