

Name: _____ Campus: _____

January 24 COUNTDOWN to Self-Care

Place your initials by each activity to receive a prize!

Turn it in to the RAMP-ED envelope in the front office by Jan. 31, 2024

5

**Thank someone you're grateful to
and tell them why**

4

**Go outside and notice 5 things in
nature that bring you joy**

3

**See how many people you can
share your smile with today**

2

**Spend an hour of uninterrupted time
with a loved one...no technology**

1

**Stop. Breathe. Notice.
Repeat regularly!**