

CHALLENGES FOR KIDS

- 1** Learn about your birth certificate info. Ask your family about where and when you were born.
- 2** Write down 3-5 questions you have for your doctor at your next visit.
- 3** Keep track of your brushing and flossing every day for a full week. You can use an app or write it down.
- 4** Did you know that your heart beats faster when you exercise? Ask an adult to help you find your pulse. Feel the beats for 30 seconds. Then do 20 jumping jacks and feel it again. What happens?
- 5** Science is the study of the world around us. Go to the library or look online to learn about how you can be a scientist every day.
- 6** Learn the poison control number, and put it somewhere you can find it fast, like the fridge or bathroom mirror: 1-800-222-1222
- 7** Eat a rainbow of fruits and vegetables. You need to eat at least one fruit or vegetable of each color—red, orange, yellow, green, blue, and purple.
- 8** Read a book or do another calm activity with your parent or another important adult in your life.
- 9** Try on your safety gear to make sure it still fits, and use it every time! This includes helmets for riding bikes and life jackets for going on a boat or in the water.
- 10** Do a journal entry every day this week about your feelings. It can be in words or art.
- 11** Try a new type of sport, exercise, or activity this week. It can be a sport, a new stretch, or a new active game.
- 12** Take a pledge to not smoke or vape.
- 13** This week, check everything you throw in the garbage to see if it is recyclable. If it is, put it in the recycle bin, instead!
- 14** Plan or review your fire escape plan for your home. Where are the exits? Where will you meet up with family? Who is your emergency contact?
- 15** Look at a map and talk to an adult about what kinds of water are close to your home. Rivers, lakes, bays, or pools can be dangerous in different ways. Do you know how?
- 16** Ask your parent or trusted adult what immunizations you have and what diseases they protect you from.
- 17** Pick up garbage or scoop up pet poop in your yard, or clean up some litter at a local trail or park. Don't let garbage or pet poop end up in rivers and streams!
- 18** It's important to talk with adults you trust, even about hard topics. Ask an adult you trust about what opioids are and how they can hurt your brain and body.
- 19** Only three things should be flushed: toilet paper, waste, and water. Make a list of 10 things that should NOT be flushed (examples: wet wipes, medicine, paper towels).
- 20** Text, call, or even write a letter to a friend you haven't talked to in a while. Include in the message at least one specific way they make your life better.
- 21** Make a list of 5 things you know about your health and body. Examples: do you have allergies, do you take medicine, do you wear glasses, do you have a retainer or braces, who is the doctor or dentist you see?
- 22** Make a bedtime checklist and use it. Ideas to include: brush teeth, take a bath, read a book.
- 23** Start a worry journal. Once a day, write down what's worrying you. You can do this before bed, then close the journal and let the worries stay in there while you rest.
- 24** To earn this sticker, you need to wash your hands well every time before you make food or eat food.
- 25** Make an emergency kit for your bag or backpack. Ideas: bandages, water bottle, healthy snack bar, gloves or hand warmers, card with emergency contact information.
- 26** Do something kind for someone else, or volunteer to help with a community project like a clean-up or food drive.



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