

The 7-day real-life challenge

Try one small thing each day. Tick it when you try it, then write a word about how it felt. There is no score and no need to catch up.

This week, I want to make more room for: _____

DAY 1 Make something

☐

Draw a character or build something with paper, blocks, or recycled materials.

One word about it: _____

DAY 2 Start a conversation

☐

Ask someone about a favourite memory. Share one of your own.

One word about it: _____

DAY 3 Notice your world

☐

Look around outdoors or through a window. Find five things you usually miss.

One word about it: _____

DAY 4 Move your way

☐

Choose a way to move that works for you: stretch, dance, roll, walk, or play.

One word about it: _____

DAY 5 Learn from someone

☐

Ask a friend or family member to teach you a game or a small skill.

One word about it: _____

DAY 6 Try the pause

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Before opening an app, name your purpose and pick a stopping point.

One word about it: _____

DAY 7 Keep a favourite

☐

Repeat the activity you liked best, or invent your own next step.

One word about it: _____

One thing I want to do again:

Original Screenleaders activity. Adapt to your space, abilities, and interests.