



AOB PEER SUPPORT HOLIDAY SELF-CARE CHALLENGE

Post a photo of the day's challenge
prior to 6 pm on the Google classroom -
g3zvtp3

Top 3 participants win a prize!

IT'S IMPORTANT TO TAKE CARE OF YOU TOO!!
**December 27th: Go for a 15 minute walk -
outdoors if you can!**

**December 28th: Treat yourself to your favorite
beverage or snack.**

**December 29th: List a self-care/wellness goal
for 2022.**

**December 30th: Spend some time doing
something you love with someone you care
about.**

**December 31st: Watch your favorite movie or
tv show.**