**Social, Intellectual, Physical and Spiritual Challenge**

***The Goal****:* To inspire engagement during a time of physical distancing.

***The Task***: Every time you complete a square, write a brief description of what you did.

***To Win:*** Complete a row, column or diagonal and slide it under your door. When it is returned, complete the process again. Every time you turn it in, your name will be put in a drawing to win a prize.

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| Complete a 10-minute meditation | Listen to a podcast or learn about podcasts | Watch a virtual opera |  Do something you have wanted to do but have put off | Write a note of gratitude to someone in the community |
| Complete 2 sets of 10 repetitions each of forward and backward arm circles | Find out 5 new facts about your town, county, or state | Eat like a vegetarian for a day | Set up a walking path in your apartment and complete 10 laps |  Call someone and sing a song together |
| Listen to your 5 favorite songs | Recite the alphabet backwards | Call a family member or friend  | Complete an art project  | Write about your favorite vacation and share your story |
| Connect with the younger generation | Wave to 5 people  | Watch a foreign film | Dance to your favorite songs | Spend time outside/visit a new park  |
| Meet with someone via video  | Complete a 1-minute march3 times in a day  | Learn a new game | Enjoy a virtual tour of a museum or zoo | Take a nap |