



<p><b>Learn 4-7-8 or Box Breathing</b></p> <p>Mon <input type="checkbox"/> Wed <input type="checkbox"/> Fri <input type="checkbox"/>            Tue <input type="checkbox"/> Thu <input type="checkbox"/> Sat <input type="checkbox"/>            Sun <input type="checkbox"/></p>	<p><b>Start A Comic or Zine</b></p> <p>Mon <input type="checkbox"/> Wed <input type="checkbox"/> Fri <input type="checkbox"/>            Tue <input type="checkbox"/> Thu <input type="checkbox"/> Sat <input type="checkbox"/>            Sun <input type="checkbox"/></p>	<p><b>Journal, gratitude journal or letter writing</b></p> <p>Mon <input type="checkbox"/> Wed <input type="checkbox"/> Fri <input type="checkbox"/>            Tue <input type="checkbox"/> Thu <input type="checkbox"/> Sat <input type="checkbox"/>            Sun <input type="checkbox"/></p>
<p><b>Graffiti with non-permanent materials</b></p> <p>Mon <input type="checkbox"/> Wed <input type="checkbox"/> Fri <input type="checkbox"/>            Tue <input type="checkbox"/> Thu <input type="checkbox"/> Sat <input type="checkbox"/>            Sun <input type="checkbox"/></p>	<p><b>Start a gardening project (at home, yard or plot)</b></p> <p>Mon <input type="checkbox"/> Wed <input type="checkbox"/> Fri <input type="checkbox"/>            Tue <input type="checkbox"/> Thu <input type="checkbox"/> Sat <input type="checkbox"/>            Sun <input type="checkbox"/></p>	<p><b>Make Seed Bombs (to use or as gifts)</b></p> <p>Mon <input type="checkbox"/> Wed <input type="checkbox"/> Fri <input type="checkbox"/>            Tue <input type="checkbox"/> Thu <input type="checkbox"/> Sat <input type="checkbox"/>            Sun <input type="checkbox"/></p>
<p><b>Challenge Fear of the Dark!</b></p> <p>Star-gazing, night listening, shadow play, spooky stories</p> <p>Mon <input type="checkbox"/> Wed <input type="checkbox"/> Fri <input type="checkbox"/>            Tue <input type="checkbox"/> Thu <input type="checkbox"/> Sat <input type="checkbox"/>            Sun <input type="checkbox"/></p>	<p><b>Make Art - Alone or with partner(s)</b></p> <p>Mon <input type="checkbox"/> Wed <input type="checkbox"/> Fri <input type="checkbox"/>            Tue <input type="checkbox"/> Thu <input type="checkbox"/> Sat <input type="checkbox"/>            Sun <input type="checkbox"/></p>	<p><b>Create Your Own Challenges</b></p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>