



RESET<< CHALLENGE

MIND

Build your Healthy Habit and win prizes! From February 13-17, when you get a BINGO (5 in a row), enter to win the weekly \$50 Gift Card at this link: bit.ly/3Gn4KuY

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Start a jigsaw puzzle this week (online or in person)

Pick one night to sit down and play your favorite card or board game in person, or online

Whatever your favorite genre of music is, discover a new artist or creator and take a listen

Grab a new puzzle book at the check-out lane & complete 3 word/math puzzles this week

Pick one night to reboot and improve your bedtime routine: remove distractions, like screens, 30 minutes before bed.

Switch up what you watch: Instead of the news, turn on a educational documentary. Instead of reality, turn on fantasy.

Call a friend you have not spoken to in more than 1 month

Learn 1 new skill that involves technology.

For 1 hour, 1 day, do a screen-free activity that involves creating something.

Before falling asleep, visualize in vivid detail the following day. Visualizing strengthens your mind muscles.

Look up and memorize a new joke, quote, or short poem, or quip.

2 days this week, set your alarm clock for 15 minutes earlier: spend that time in quiet meditation

**FREE
SPACE!
YOU
ROCK!**

Using post-its, dry erase markers, or phone notifications, leave yourself 3 positive affirmations or reminders in prominent places.

Bring a deck of cards (or other game) to the Y and find people to play

Learn how to count to 10, say 'Hello', 'Goodbye' and 'Thank You' in a new language.

Try a guided meditation at YMCA360

Memorize 3 new dates: important birthdays of friends family, etc.

Take 10 minutes to be quiet and relax for 3 days this week

Visit one new place this week: a store, a new route, a different grocery, etc.

Start a new book this week; read for 30 minutes 2 times this week.

Use all your senses to strengthen your mind! Smell candles or spices and identify new fragrances.

Increase your vocabulary! Learn 3 new words & definitions this week.

Give someone at the YMCA a compliment

Complete one Crossword Puzzle or Sudoku Puzzle

Activities can be modified to suit your abilities



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Build your Healthy Habit and win prizes! From February 18–26, when you get a BINGO (5 in a row), enter to win the weekly \$50 Gift Card at this link: bit.ly/3Gn4KuY

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Help re-find play in your life by watching a Mind Matters video at YMCA360 (under Mind & Body)

Using free online typing games, improve your computer typing skills

Learn 10 new words in a different language; record yourself saying them correctly!

Find a new movie or show to try that is outside of your typical genre of viewing

Re-train the brain: use the opposite hand for basic tasks like brushing your teeth!

Share a silly joke or quote with a YMCA staff member.

Find an interesting discussion board online or on social media and engage in the discussion!

Teach someone in your life a new skill. Make a short video or photo collage to share with others.

Learn 1 new skill that does NOT involve technology

Pick 3 days this week to wake up 10 minutes earlier than normal. Spend that extra time setting positive intentions for your day ahead.

Take one hour to do a deep dive on a new learning: history, science, biographies

Spend 30 minutes listening to a new genre of music (something you wouldn't typically listen to!)

**FREE
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YOU
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Try a guided meditation at YMCA360 two days this week

Take a different and longer route to work, school, or home this week.

Complete two Crossword Puzzles or word puzzles

Pick two nights to reboot and improve your bedtime routine: remove distractions like screens 30 minutes before bed.

Take five 15-minute screen-free 'quiet breaks' this week.

Sharpen your motor skills and dexterity by doing a 'hands-on' activity (woodworking, painting, crochet, instruments, etc.)

Read a book or magazine 3 days this week for a minimum of 15 minutes each time

Memorize 3 new 'fun facts' about an important person in your life

Visit the produce section and pause to learn the names and features of 3 new fruits/vegetables

Dance to your favorite song from beginning to end.

Take 30 minutes to learn a NEW card game online or from a book.

Smile at a stranger this week

Activities can be modified to suit your abilities



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MIND

Build your Healthy Habit and win prizes! From February 27–March 5, when you get a BINGO (5 in a row), enter to win the weekly \$50 Gift Card at this link: bit.ly/3Gn4KuY

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Write a kind note to a family member

Stand outside and breathe in the fresh air for 5 minutes, 3 days this week

Choose a harder difficulty level than normal and Complete one Crossword Puzzle or Sudoku Puzzle

While listening to music with lyrics, read along with the lyrics and experience them in a brand-new way.

Go to the store without a list and use your mental memory muscles to build your cart.

Introduce yourself to a YMCA staff you have not met before

Dance your heart out to your favorite music

Name 3 public/famous role models and take 30 minutes to learn more about their life's work.

Learn 3 friendly phrases in a new language and practice saying them to a friend or family member.

Try a guided meditation at YMCA360 three days this week

Schedule a game night with a few family or friends! Check off this box if it's on the calendar!

Use all your senses to strengthen your mind! Try a new food ingredient to increase your taste palette.

**FREE SPACE!
YOU ROCK!**

Let your imagination run: start with a blank paper and just start writing, drawing, painting, or coloring.

Re-train the brain: write your name 10 times with the opposite hand!

Mix up your routine at the Y, use a different entrance, equipment, and schedule – New experiences stretch your brain muscles!

Pick three nights to reboot and improve your bedtime routine: remove distractions like screens 30 minutes before bed.

Spend 20 minutes drawing or painting in a place that brings you joy

Pick 3 days this week to take 30 minute quiet-screen-free breaks.

Using post-its, dry erase markers, or phone notifications—leave yourself 5 positive affirmations or reminders in prominent places.

Look up critical reviews and articles about one of your favorite movies and compare your thoughts and reactions.

Read for 30 minutes three different times this week.

Say "Hi" to someone new at the YMCA you have not met before

Learn 10 new words in a new language; record yourself saying them correctly!

2 days this week, arise 15 minutes earlier than usual and spend that time journaling and reflecting.

Activities can be modified to suit your abilities