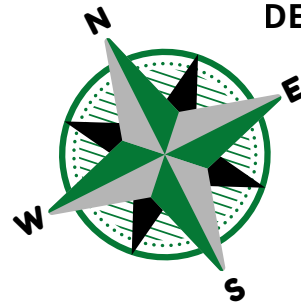


# District Wellness Challenge

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## DECEMBER 2025



DERBY PUBLIC SCHOOLS

2025-26

Wellness  
Compass



Pick the challenge that fits you best – but remember, this is meant to be a challenge, so choose something you don't normally do.

Our Wellness Challenges are designed to help us build healthy habits that can improve our daily lives.

It takes 18-21 days to form a habit, so stick with it!

Please remember to keep track of the days or activities you complete throughout the month as documentation for this wellness challenge. A simple checklist, calendar, or notes on your phone works perfectly—just something that shows your participation. You'll use this as your proof of completion when submitting this month's challenge.



### OPTION 01

#### Declutter Your Space!

Decluttering even one small area can create a sense of calm, reduce mental overwhelm, and help you feel more organized and in control. Physical clutter often leads to mental clutter, so clearing your space—whether it's a drawer, desktop, car, or inbox—can provide an instant lift. Making room in your environment helps make room in your mind for focus, clarity, and less stress.

### OPTION 02

#### "Move for 10"

Just 10 minutes of intentional movement each day can boost your energy, improve your mood, and help reduce stress—especially during a busy season. Small bursts of activity are easier to stick with and can make a noticeable impact on your overall well-being. Whether you stretch, walk, dance, or do a quick strength routine, moving for 10 minutes is a simple way to care for your body and reset your mind.

# Light DECLUTTER CHECKLIST

## WORKSPACE / OFFICE

- Clear out old papers and file only what you need
- Recycle or shred outdated documents
- Wipe down your desk and remove unused items
- Clean out your desk drawers
- Toss dried-up pens and markers
- Delete unnecessary emails
- Organize desktop or laptop files
- Remove old sticky notes
- Sanitize phone, keyboard, and high-touch surfaces

## CLOTHING & PERSONAL ITEMS

- Donate clothes not worn in a year
- Sort socks, discard mismatched or worn-out pairs
- Purge old coats, hats, or gloves
- Clean out purse, backpack, or work bag
- Organize jewelry or accessories

## CAR DECLUTTER

- Remove trash
- Take out items that don't belong
- Wipe down dashboard and cupholders
- Organize trunk or glovebox

## HOME (QUICK WINS)

- Clean out one kitchen drawer
- Toss expired food from pantry or fridge
- Remove old or mismatched containers
- Declutter your bathroom counter
- Dispose of expired medications or beauty products
- Organize one shelf in the linen closet
- Sort shoes in the entryway
- Clear 1 surface (counter, nightstand, coffee table)

## DIGITAL DECLUTTER

- Delete unused apps
- Organize photos or delete duplicates
- Clear old downloads
- Unsubscribe from unwanted emails
- Update passwords and security settings

# Deep DECLUTTER CHECKLIST

## KITCHEN

The kitchen often becomes a hotspot for clutter. Start by clearing out items you don't use or need:

- Expired pantry items
- Duplicate utensils
- Old or chipped mugs
- Extra plastic containers without lids
- Broken appliances
- Outdated spices
- Cookbooks you never use
- Worn-out dish towels
- Unused serving platters
- Old takeout menus

## BEDROOM

Your bedroom should be a place of rest, so declutter anything that disrupts your peace:

- Clothes that don't fit
- Unmatched socks
- Broken jewelry
- Worn-out bed linens
- Extra or unused hangers
- Shoes you don't wear
- Old handbags or purses
- Empty perfume bottles
- Worn-out belts
- Scarves or hats you never wear

## LIVING ROOM

Create a relaxing, clutter-free space by decluttering these common culprits:

- Old magazines or newspapers
- Broken remote controls
- Dried-out pens
- Unused decorations
- Old DVDs or CDs
- Stained or frayed throw pillows
- Games with missing pieces
- Broken or unused electronics
- Outdated candles
- Old or unused photo frames

## BATHROOM

Bathrooms can easily become cluttered with outdated or unused items:

- Expired medication
- Old makeup products
- Worn-out bath towels
- Empty or near-empty bottles
- Old toothbrushes
- Broken hair accessories
- Expired skincare products
- Worn bath mats
- Unused nail polishes
- Travel-sized toiletries you'll never use

# Deep DECLUTTER CHECKLIST

## HOME AND/OR WORK OFFICE

Declutter your workspace for a more productive environment:

- Broken or unused electronics
- Outdated files or paperwork
- Old receipts
- Pens that don't work
- Notebooks with little paper left
- Duplicate chargers or cables
- Instruction manuals for items you no longer own
- Outdated business cards
- Old greeting cards
- Stack of unused sticky notes

## GARAGE

Garages often become a catch-all. Declutter these common offenders:

- Broken tools
- Extra or expired paint cans
- Old holiday decorations
- Outdated gardening supplies
- Unused or broken sports equipment
- Empty cardboard boxes
- Old light bulbs
- Rusted or broken nails/ screws
- Car cleaning supplies
- Broken hoses or gardening tools

## CLOSET

Free up space in your closet by removing these items:

- Clothing you haven't worn in a year
- Damaged clothing you won't repair
- Shoes that hurt your feet
- Extra or unused purses
- Outdated or broken jewelry
- Seasonal clothing that doesn't fit
- Duplicate or unused hangers
- Mismatched gloves or mittens
- Old scarves
- Unused belts

## KIDS ITEMS

Help your kids declutter their belongings to create more space for things they actually use:

- Outgrown clothing
- Toys they no longer play with
- Broken toys
- Unused art supplies
- Old school projects
- Unused children's books
- Puzzles with missing pieces
- Broken board games
- Stuffed animals
- Old backpacks

# Deep DECLUTTER CHECKLIST

## ENTRYWAY / MUDROOM

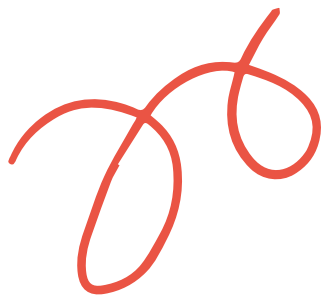
Make your entryway welcoming by clearing out unnecessary items:

- Mismatched gloves or hats
- Broken umbrellas
- Worn-out shoes
- Expired sunscreen or bug spray
- Broken keychains
- Duplicate sets of keys
- Old welcome mats
- Stained tote bags
- Extra or outdated sunglasses

## MISCELLANEOUS ITEMS

Finally, don't forget to tackle random clutter around the house:

- Duplicate phone chargers
- Extra batteries you don't need
- Old wrapping paper scraps
- Random cords or chargers
- Unused decorative pillows
- Damaged or chipped dishes
- Unused gift bags or boxes
- Broken Christmas ornaments
- Extra coasters



# MOVE FOR 10 CHALLENGE



Your goal:

Complete 10 minutes of intentional movement each day.

That's it!

You choose the activity—anything counts as long as you're moving with purpose.

Some ideas include:

- A brisk walk
- Marching in place
- Yoga or stretching
- Light weights or resistance bands
- Stair climbing
- Dance to one song
- Bodyweight exercises (squats, push-ups, calf raises, etc.)
- An exercise video or quick workout app

Why this challenge works:

- 10 minutes is easy to fit into a busy day
- Small bursts of movement boost mood, energy, and focus
- You get to choose what feels good for your body
- It can be done at home, at school, or during a break

Tips for success:

- Set a reminder each day
- Break it into two 5-minute segments if needed
- Keep it fun—pick movement you enjoy
- Invite a coworker to join you for accountability

Let's finish the semester strong by giving ourselves 10 minutes of movement each day. Your body—and your stress level—will thank you!

