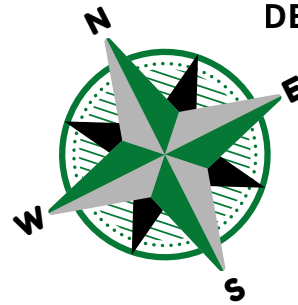


# District Wellness Challenge

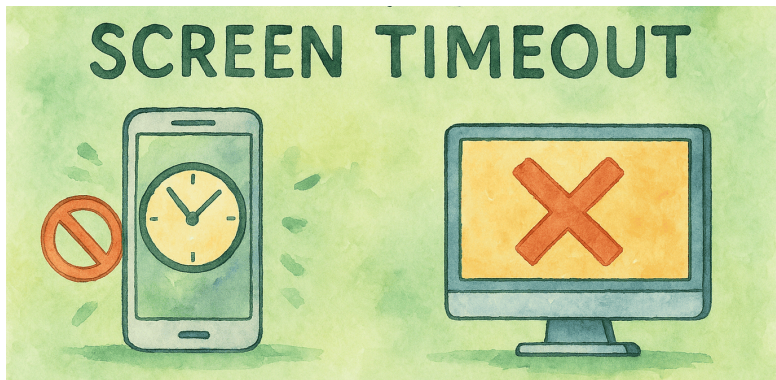
## APRIL 2026



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

#### SCREEN TIMEOUT

Taking breaks from screens can support both mental and physical well-being. This challenge encourages you to intentionally reduce screen time by stepping away from phones, computers, and TVs when possible—especially during breaks, meals, or before bedtime. Use this time to move, read, connect with others, or simply recharge. Creating healthy screen habits can help reduce eye strain, improve focus, and promote better balance throughout the day.

### OPTION 02

#### MOVEMENT SNACKS

Movement doesn't have to be time-consuming to be effective. This challenge encourages you to take short "movement snacks" throughout the day by adding 2-5 minutes of movement at a time, such as stretching, walking, chair exercises, or light cardio. These quick breaks can help reduce stiffness, boost energy, and improve focus during the workday. Small moments of movement can add up to big benefits when practiced consistently.

#### GET MORE ENERGY IN YOUR DAY WITH MOVEMENT SNACKS



