

# HOME CHALLENGES

## **Dream Journal Home Challenge** **Copy for school health facilitators/champions**

This home challenge gets students journaling their dreams in an effort to promote healthy sleeping habits. The challenge works well in conjunction with the *Dream Team* monthly campaign.

Encourage staff to engage their students in the challenge by offering to reward participating classes with a healthy celebration (e.g., extra recess or physical education time, class dance party, or healthy food celebration). Consider running this challenge as a school-wide event to see how many families participate.

Please send out the attached email copy to school staff explaining how to facilitate this activity for their students. Each student will require the instruction/tracking sheet for parents (attached) that needs to be filled out during the challenge week.

If the teacher distributes the materials to their class on a Monday, then students should return their tracking sheet on the following Monday.

---

### **Email for SHF/HC to send to staff**

*Please personalize as you see fit.*

Hello **(School name)** staff,

Dream journaling is a fun and creative home challenge that I encourage you to initiate with your class. Dream journals help students to be more mindful and aware of their sleep – and they can be pretty interesting!

All you need to do is:

- Read through the home challenge parent instructions to get familiar with it.
- Explain the activity and give each student an instruction/tracking sheet to take home.
- Remind students to participate throughout the challenge week.

At the end of the challenge, collect completed and signed tracking sheets from your students.

Encourage students throughout the challenge to take a leadership role in initiating the daily dream journaling activities and encouraging their families to take part. If students in your class participate in this initiative by returning their signed forms to you, the class will be rewarded with (chosen healthy celebration).

And don't forget to have fun!