

# BeConnected Challenge

# October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
		Register/attend today's BeWell virtual Lunch and Learn, or watch the recording afterwards. <a href="#">Topic: Healthy Relationships</a>	Show someone you appreciate them today, without expectation of thanks in return.	Before going to sleep, write down 3 things you are grateful for.	Do a random act of kindness (ie. Holding doors open, helping someone with heavy bags, or paying for someone's coffee).	Spend quality time with a family member or friend.
☐ 6	☐ 7	☐ 8	☐ 9	☐ 10	☐ 11	☐ 12
Leave a kind note for someone to find, such as on their car windshield, a mirror, or in a public space.	Introduce yourself to someone you don't know.	Recognize/celebrate the efforts of a colleague/friend/family member.	Give 3 genuine compliments today.	Include someone who may have a new perspective.	Send a PAWS UP! greeting or points to a coworker who deserves recognition.	Meet a friend, family member or colleague for a meal today.
☐ 13	☐ 14	☐ 15	☐ 16	☐ 17	☐ 18	☐ 19
Tidy up a disorganized area (home or workplace) and donate unwanted items.	Publicly acknowledge someone who deserves praise.	Write a handwritten card/letter to someone you care about.	Donate a food item to Penn State Health employee <a href="#">food pantry</a> .	Send a text message or call a friend you haven't seen in a while.	Choose a local charity or non-profit organization to volunteer or plan a team-building day at a shelter or food bank.	Attend a local country fair or fall festival with a friend or family member.
☐ 20	☐ 21	☐ 22	☐ 23	☐ 24	☐ 25	☐ 26
Put away your phone in someone else's company.	Mentor someone who could use guidance or support.	Change one small thing about your routine that could help the environment.	Write a list of things you appreciate about someone and give it to them (friend/boss/colleague).	Go for a walk outside today with a friend, family member, or coworker.	Host a virtual or in-person game night with friends or family.	Offer a lending hand to someone who could use some help.
☐ 27	☐ 28	☐ 29	☐ 30	☐ 31		
Shop at a locally owned or small business and make a purchase if you are able.	Smile at strangers you pass today.	Give a heartfelt thanks to someone today who has recently helped you in some way.	Get some exercise doing something you enjoy.	Make a donation to a cause you believe in, whether big or small.		