

<b>MOVE</b> include a body of water	<b>CONNECT</b> include food or cooking	<b>MOVE</b> to your favourite tunes	<b>REST</b> practice gratitude	<b>MOVE</b> include an animal
<b>TRY</b> create something	<b>REST</b> enjoy some downtime	<b>TRY</b> drink an extra glass of water	<b>MOVE</b> include a theme or costume	<b>MOVE</b> include a sports field/stadium
<b>MOVE</b> include exercise equipment	<b>MOVE</b> outdoors		<b>TRY</b> new movement	<b>CONNECT</b> perform an act of kindness
<b>REST</b> disconnect from social media	<b>CONNECT</b> call someone	<b>MOVE</b> include a notable landmark	<b>REST</b> practice self-care	<b>TRY</b> learn a new skill
<b>MOVE</b> participate in a virtual class	<b>REST</b> practice mindfulness	<b>CONNECT</b> activity with a partner or friend	<b>TRY</b> create a safe home workout	<b>MOVE</b> include a spot on campus