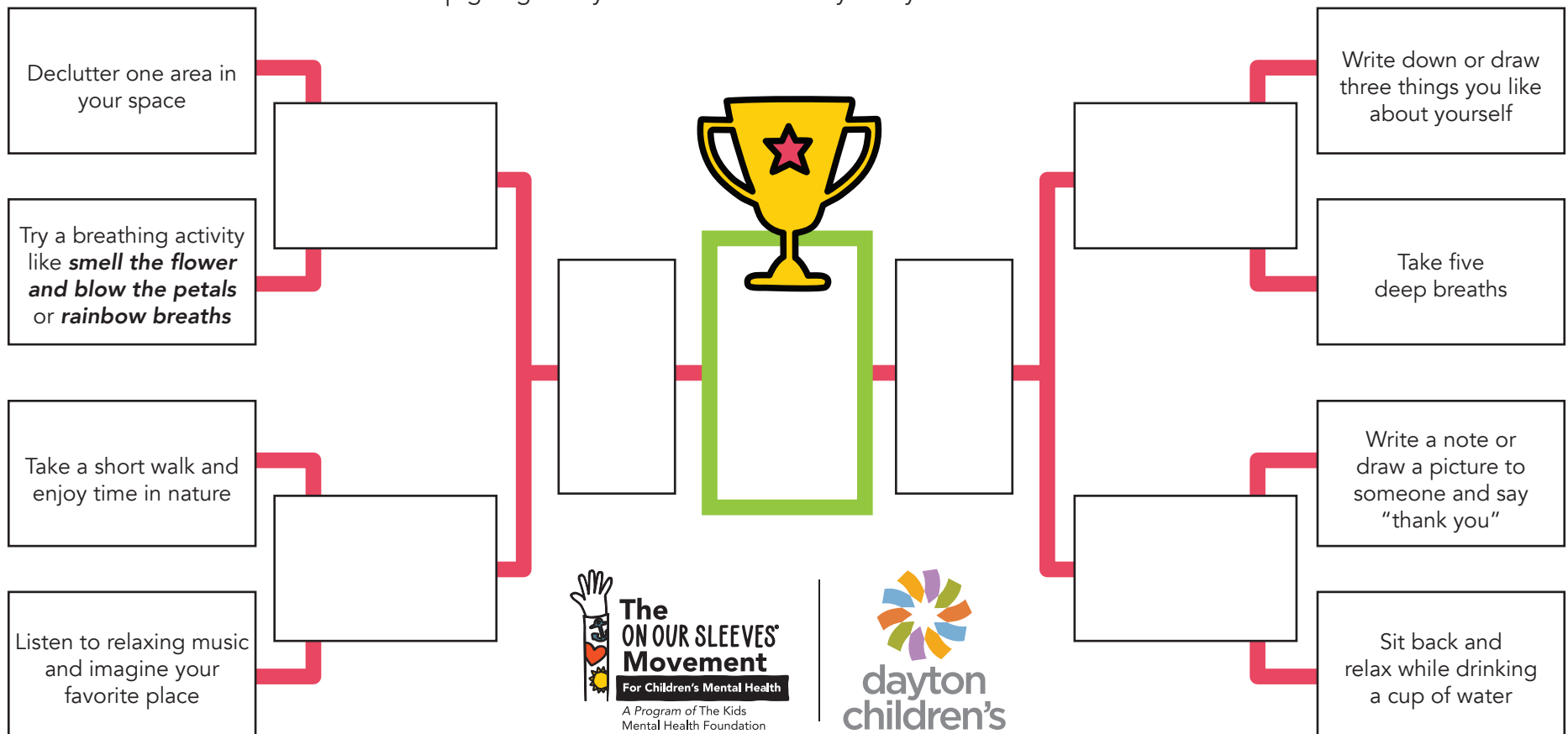
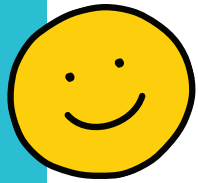


# The Mental Wellness Bracket Challenge

Discover your favorite mental wellness activities!

**This challenge is meant to be done with others!**

Print enough copies so everyone has their own bracket to fill out. In each matchup, try both mental wellness activities together before choosing your personal favorite. Then, advance it to the next round. Keep going until you land on the activity that you find the most useful!



**Find your favorite mental wellness activity!**

Scan the QR code for instructions and tips to guide you through each activity!



**We want to see your mental wellness picks!**

Share your bracket on social media using **#OnOurSleevesInAction** or email your photos to [onoursleeves@childrensdayton.org](mailto:onoursleeves@childrensdayton.org).