

30 Day Casas de Luz Challenge

Join us in our 30 day Casas de Luz challenge centered around our values of learning, empowerment, community, service, and gratitude. This isn't about staying busy, it's about thinking in new ways, being creative, and acting in accordance to our Casas de Luz values!

- Day 1: Make a mask.
- Day 2: Host a zoom hang out.
- Day 3: Listen to a podcast.
- Day 4: Write a message in chalk outside.
- Day 5: Cook something new.
- Day 6: Send an affirmation to a friend.
- Day 7: Learn 10 new words in Spanish.
- Day 8: Write a letter & mail it.
- Day 9: Read a book.
- Day 10: Watch a YouTube tutorial (& do it!)
- Day 11: Phone a friend you haven't spoken to in a while.
- Day 12: Write a gratitude list.
- Day 13: Practice a new skill.
- Day 14: Have a "no screens" day.
- Day 15: Offer support to a friend.
- Day 16: Write a letter to an essential worker.
- Day 17: Watch a funny video.
- Day 18: Practice the superman pose.
- Day 19: Compliment someone & yourself.
- Day 20: Bake something new.
- Day 21: Write a letter with your non-dominant hand.
- Day 22: Watch a TED talk.
- Day 23: Have a game night (can be virtual).
- Day 24: Remind a friend of their successes.
- Day 25: Look at old pictures.
- Day 26: Light a candle.
- Day 27: Do a DIY craft.
- Day 28: Phone a family member.
- Day 29: Have a dance party.
- Day 30: Reflect on what you have learned in the past 30 days.



Casas de Luz
Building Hope Without Borders.
www.casasdeluz.org
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