Social Media Challenges

During a time when we’re challenged in so many ways by the events around us, here are some fun and funny ways to challenge your peers, keep occupied, and stay connected.

Test your artistic capabilities with these challenges

- **Dance your heart out on TikTok**
  - Renegade, renegade, renegade, renegade.

- **Draw a fruit or vegetable and share with friends**
  - Silly and simple. What more could you ask for?

  #SeeADogSendADog
  - Because, well, dogs ARE art.

Share what you’ve been listening to with these challenges

- **30-Day Song Challenge**
  - Listening to some good music? Share it with friends!

- **Bill Clinton Album Challenge**
  - Share the best albums of all time.

  - *You never know who might have really needed what you shared!*

Get a good workout in with these challenges

- **Run 5 Donate 5 Nominate 5**
  - For all our heroes.

- **Yale Trail**
  - Google it!

- **Do 5 Donate 5 Nominate 5**
  - Push-ups for our heroes.
BINGO, anyone?

**Self-Care BINGO!**

What has helped you feel grounded and centered during the past few weeks?

- Drank 6.4 ounces of water
- Added to a shared playlist
- Took 10 deep breaths
- Did physical activity
- Watched the sunrise/sunset
- Cooked a meal
- Doodled or colored
- Made a list (of anything)
- Flossed your teeth
- Looked through old photos
- Slept in late
- Detoxed from tech
- Free space
- Found a new band or song you like
- Dressed up for yourself
- Made a cup of tea
- Went for a walk
- Listened to your favorite song
- Took a nap
- Went to bed early
- Picked up a new self-care routine
- Sang in the shower
- Read for pleasure
- Zoomed with a friend
- Wrote in a journal

+ Tag three friends who should do this too!

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**Community Connection Exercise!**

Tag people you either have connected with or plan to:

- Someone you love to dance with
- Someone still in New Haven
- Someone in another time zone
- Someone in your home state
- Someone from middle school
- Someone you haven’t caught up with recently
- Someone from high school
- Free space
- Someone you miss running into
- Someone you’re thankful for
- Someone who gives great advice
- Someone who has mentored you
- Someone you’d like to cook with
- Someone you’ve taken a lecture with
- Someone who takes great photos

+ Tag three friends who should do this too!

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**Self-Care x Community Connection**

Take time to acknowledge yourself and others with these great BINGO boards made by the Yale Communication and Consent Educators (CCEs).

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**A Note**

Of course, this is not an exhaustive list but just some ideas to get you inspired. If you feel like it, you could even create your own challenge! Importantly, though, using social media isn’t for everyone, and especially not for anyone at all times. It’s sometimes really important to take a break from social media to focus on and do other things, step outside, or just look around you. Even amidst the challenging and uncertain situation that the world is experiencing right now, this is a great time to catch up with old friends, stay in touch with new ones, and learn more about yourself, your family, and your friends. Take care ♥