



"Slow down and everything you are chasing will come around and catch you."

- John De Paola

30-day SLOW DOWN CHILDHOOD Challenge

| S | M | T | W | T | F | S |
|---|---|--|--|---|---|---|
| | | | | | 1 Set a family intention for this challenge  New Moon | 2 Share a story about your ancestors, heritage, or loved ones passed |
| 3 Make a meal or snack together | 4 Go say hello to the sun | 5 Find a leaf that is as unique as you | 6 Celebrate (in a small way) making it to the middle of the week! | 7 Go out and cloud watch. Notice how they come and go, just like thoughts. | 8 Lean against a tree and release anything heavy from the week | 9 Create ephemeral art with nature or work on a slow craft |
| 10 Say no to something this week | 11 Cuddle and look at old pictures, or share a memory from your childhood | 12 Skip at some point in the day | 13 Share roses and thorns around the dinner table | 14 Send something in the mail or put a surprise in someone's mailbox | 15  Howl at the full moon <small>LIVE: Co-regulating with Mother Nature 6 pm EST</small> | 16 Let go of 10 items |
| 17 Eat by candlelight | 18 5-4-3-2-1 Find 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste in nature | 19 Leave a gift for the fairies in nature | 20 Draw or paint something that makes you feel peaceful | 21 Choose one little way to slow down your morning | 22 It's Friday, have a dance party! | 23 Take a lantern walk |
| 24 Create one ornament that represents slowing down to hang up this year | 25 Read a story together | 26 Make each other laugh | 27 Play | 28 Share gratitudes | 29 Opt Outside | 30 Reflect back on this challenge & decide one way you are going to slow down as a family next month |

November 1 - 30, 2024

