

On a sheet of paper, brainstorm a list of a minimum 15 different ideas that you or someone else could do for a 30 Day Challenge.



- learn how to write with my right hand
- 1 chore /day
- self care
- practice hockey
· shots
- learn a word /day
- compliment a new person /day
- do work @ school
- go to bed earlier
- dog walking
- vegan
- organize
- thought journal
- learn a new language
- No salt
- try hard
- go outside more
- walk a km/day
- new sport /day

_____ 's 30 Day Challenge

Brainstorm:

1. _____
2. _____
3. _____
4. _____
5. _____

Two Ideas I Heard From Someone Else:

1. _____
2. _____

My 30 Day Challenge Is:

My Action Plan:

Explain what your 30 Day Challenge is in a few paragraphs. You need to convince your teacher that this challenge will bring something new to better your life. Consider the following:

- > What will you do?
- > How will you accomplish this goal?
- > How will you hold yourself accountable?
- > What will you need in order to do this goal?

My Action Plan 30 Day Challenge Action Plan

Add Something Positive to Your Life @ CPHS

30 Day Challenge 2020 Student/Parent/Teacher Contract

To start back at school in 2020, Mr. Papple is challenging his students to add something positive to their lives over the next 30 days. The purpose of this challenge is to bring more positivity to our everyday lives through healthier choices, fitness, reduced screen time, more social interaction, giving back to the community, volunteering, etc. The goal is for students to select something that challenges them through perseverance and determination over the 30 days. Students will be relying on the support from their peers, staff and parents to complete their challenge. At the end of the 30 days, students will be asked to share their challenge in a brief one to two minute presentation with their class highlighting the challenge, obstacles, success and reflections of their progress throughout the 30 days.

Our 30 Day Challenge starts Monday January 13th and ends Wednesday February 12th.

Students Will...	<ul style="list-style-type: none"> > Select a challenge > Complete their 30 Day Challenge Action Plan > Set personal daily goals and reminders (agenda, electronic device, family calendar, reminder from friends, family, staff) to complete the challenge > Have parents and staff sign the 30 Day Challenge Contract > Provide regular proof that they are completing the challenge (photo/video evidence, parent letters, calendar of tasks, etc.) > Think of and plan a 2-3 minute way to creatively present their challenge at the end of 30 days > Stay positive, persevere and be willing to challenge themselves!!!
Parents Will...	<ul style="list-style-type: none"> > Sign the 30 Day Challenge Contract > Provide regular reminders to their son/daughter to complete their challenge each day > Participate in the challenge with your son/daughter if you wish > Support your child if they are wanting to take on a more complex challenge > Discuss successes, obstacles and reflections about the challenge > Take photos/videos as proof your child's endeavor
Staff Will...	<ul style="list-style-type: none"> > Sign the 30 Day Challenge Contract > Take part with their own 30 Day Challenge > Provide regular reminders to their students to complete their challenge each day > Support students if they are wanting to take on a more complex challenge > Discuss successes, obstacles and reflections about the challenge throughout the 30 Day Challenge > Schedule and assess presentations > Provide feedback to students

Student signature: _____

Parent signature: _____

Teacher signature: _____

Name: _____

Due date: _____

30 Day Challenge Presentation

You will be presenting your 30 Day Challenge to the class. Your presentation should include the following:

If you completed your challenge	If you did not complete your challenge
<ul style="list-style-type: none"> Your challenge and why you chose it 	<ul style="list-style-type: none"> Your challenge and why you chose it
<ul style="list-style-type: none"> Your plan to carry out your challenge 	<ul style="list-style-type: none"> Your plan to carry out your challenge
<ul style="list-style-type: none"> Challenges you had to overcome 	<ul style="list-style-type: none"> Challenges that prevented you from completing
<ul style="list-style-type: none"> Did your challenge become easier as time went on or more difficult? Explain 	<ul style="list-style-type: none"> Did your challenge become easier as time went on or more difficult? Explain
<ul style="list-style-type: none"> Pictures/video 	<ul style="list-style-type: none"> Pictures/video
<ul style="list-style-type: none"> How you benefitted from your challenge 	<ul style="list-style-type: none"> What could you have done differently to complete your challenge
<ul style="list-style-type: none"> What will be your next challenge? 	<ul style="list-style-type: none"> What will be your next challenge?

30 Day Challenge Rubric

Category	Level 4	Level 3	Level 2	Level 1
Elements of 30 Day Challenge Presentation	All aspects of your 30 Day Challenge have been thoroughly discussed: -what your challenge was, how you did it, why you chose this challenge, provided proof, explained obstacles along the way, and what you might do differently next time.	Most aspects of your 30 Day Challenge have been discussed: -what your challenge was, how you did it, why you chose this challenge, provided proof, explained obstacles along the way, and what you might do differently next time.	Some aspects of your 30 Day Challenge have been discussed in some details: -what your challenge was, how you did it, why you chose this challenge, provided proof, explained obstacles along the way, and what you might do differently next time.	Very few aspects of your 30 Day Challenge have been discussed your audience still has questions: -what your challenge was, how you did it, why you chose this challenge, provided proof, explained obstacles along the way, and what you might do differently next time.
Elements of an Oral Presentation	All aspects of an Oral Presentation have been demonstrated: -eye contact, body language, tone of voice, posture, enthusiasm, audience's attention, etc.	Most aspects of an Oral Presentation have been demonstrated: -eye contact, body language, tone of voice, posture, enthusiasm, audience's attention, etc.	Some aspects of an Oral Presentation have been demonstrated: -eye contact, body language, tone of voice, posture, enthusiasm, audience's attention, etc.	Very few aspects of an Oral Presentation have been demonstrated: -eye contact, body language, tone of voice, posture, enthusiasm, audience's attention, etc.
Use of Visuals	The use of visuals, multimedia, pictures, videos, etc. have been used to compliment your presentation.	The use of visuals, multimedia, pictures, videos, etc. have been used in your presentation.	The use of visuals, multimedia, pictures, videos, etc. have been used but distract your audience and limit the overall effectiveness of your presentation.	The use of visuals were not used/needed to support your presentation.
Evidence of Proof	Your 30 Day Challenge is backed up with reliable and thorough proof from family, friends, pictures, videos etc.	Proof has been provided to support your 30 Day Challenge.	Some proof has been provided to support your 30 Day Challenge. More evidence of proof would help support your Challenge.	No proof has been provided to support your 30 Day Challenge.
Responsibility	I was ready to present my 30 Day Challenge when selected.		I was not ready to present my 30 Day Challenge when selected presentation.	

Mr. Papple's 30 Day Challenge

Brainstorm:

1. go vegetarian
2. walk to work everyday
3. reduce the amount of waste I use
4. do something to give back to my community
5. create the next big tik tok dance

Two Ideas I Heard From Someone Else:

1. read for 30 minutes each day
2. eat less sugar

My 30 Day Challenge Is:

My Action Plan:

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My Action Plan:

Explain what your 30 Day Challenge is in a few paragraphs. You need to convince your teacher that this challenge will bring something new to better your life. Consider the following:

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For my 30 Day Challenge I am going to create the next big popular dance craze for the world on Tik Tok! I want to do this because I love music, and I really love to dance for the world. My class (daughter and wife) are into Tik Tok and I don't want to be seen as a dud for not joining in on the craze. This is important to me so I can share my moves with the world, gain international stardom and followers and likes and views and stuff.

To accomplish this goal, I am going to need to download Tik Tok and create an account. I might need to take a really cool profile pic, to get people's attention. I might need a cool name, however, since it's winter this has made my name cooler. (#BaldBaby) I am going to need to get verified to show my growing coolness on Tik Tok so that more people will know me. I am going to make a series of short dances to get people's attentions and views. I am going to leave clues for my big reveal dance. I might need to talk to some of the people I know who use Tik Tok regularly to see what weird dance moves they do so I can appear to be as cool as them.

To hold myself accountable, I am going to set a reminder each day to film myself to do my dance. I am going to rely on my students to send me messages saying "Hey, it's 8pm right now and we are STILL waiting for your next TIK TOK!" I will then film my video and wait for the millions of views and likes to start rolling in.

In order to do this goal, I am going to need to watch more Tik Toks, practice my cool dad moves and ensure to throw in a "WHOA!" for Dominic and a "Whip a Nay Nay" for Alyssa!