

# The Haptivate Advent Challenge Cheat Sheet

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p><b>1</b> Go out for a walk in nature, snap a nice photo and share it with the rest of your team.</p>	<p><b>2</b> Create a team music playlist on Spotify of guilty Xmas pleasures.</p>	<p><b>3</b> Spend 15 mins reflecting on things you're grateful for and appreciate in others.</p>	<p><b>4</b> Have an Xmas team coffee break! Grab yourself a special treat and spend 15 mins chatting and comparing tasting notes.</p>	<p><b>5</b> Spend 10 mins writing down things you're grateful for and why.</p>	<p><b>6</b> Spend 15 mins filling in this <a href="#">character strengths test</a>.</p>
<p><b>7</b> Everyone in your team commits to trying one new thing this week to support their self-care.</p>	<p><b>8</b> Listen to <a href="#">this TED talk</a> and discuss your thoughts together as a team.</p>	<p><b>9</b> Do something for charity together as a team.</p>	<p><b>10</b> Split up into pairs. Share examples of your partner's strengths and how they've shown them at work.</p>	<p><b>11</b> It's time for Xmas jumper day! Consider awarding a prize for your favourite.</p>	<p><b>12</b> Practice 5 minutes of meditation.</p>	<p><b>13</b> Go out for a walk and smile at all the people you pass.</p>
<p><b>14</b> Launch a Guardian Angels scheme for your team. Everyone is secretly assigned another team member to look after from afar!</p>	<p><b>15</b> Reflect on your personal values and share them with the rest of the team. Check out <a href="#">this list of core needs</a> that you can use for inspiration.</p>	<p><b>16</b> Play 'The Ghost of Xmas Past' in a team meeting. How have you overcome the stresses and worries of the Xmas period in the past?</p>	<p><b>17</b> Spend 15 minutes discussing the new strengths and skills you have acquired this year.</p>	<p><b>18</b> Hold a <a href="#">Kahoot quiz</a> for your team. If you'd like access to our special Haptivate wellbeing at work quiz, send us a message with your Kahoot username and we'll give you access!</p>	<p><b>19</b> Practice this <a href="#">dance routine</a>.</p>	<p><b>20</b> Write a letter of kindness to yourself.</p>
<p><b>21</b> Set a timer for 10 minutes. Everyone goes outside and photographs as many Xmas trees as they can. You lose a point for every minute you're late back! Award a prize to the winner.</p>	<p><b>22</b> Make a team Xmas music video! Pick a song as a team, assign a production manager and an editor, then get filming!</p>	<p><b>23</b> Have a letting go ceremony. Share something you want to leave behind in 2020. Write it down and destroy it with a method of your choice!</p>	<p><b>24</b> Have a team celebration where you reflect on the year and all of the things you've accomplished.</p>	<p><b>25</b> Complete 10 mins of compassion-based meditation.</p>		