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The 10–10 Challenge

Activity Sheet



A few minutes outside, away from screens, can help you build healthy habits. It can help you manage your device use and reduce stress.

This activity helps you set aside time to look outside or be outside, without devices. You'll also reflect on your relationship to nature.

Instructions

1. Choose a start date and end date for your 10-10 challenge. For 10 days, spend 10 minutes each day outside or looking out a window, without any devices.
2. Use the reflection questions below to help guide your thoughts when in nature.
3. Track your daily progress on the 10–10 challenge tracker. Or use your own way to track.
4. When done, reflect on what you noticed. Recall how you felt taking breaks from devices and enjoying nature every day. Think about how you can bring this habit in your everyday routine, beyond the 10-day challenge!

Nature reflection questions

- Have you ever noticed you feel different based on your environment? (e.g., more energetic on sunny days, calmer on cloudy days, etc.)
- What is your favourite season? Why?
- What part of nature are you most thankful for? Why?
- Has your mood shifted while on your 10-minute nature moment? How?
- What is your favourite time of day to be outside? What do you like about it?



Try writing a word or an image each day about what you noticed while connecting with nature (e.g., a sound, a colour, a feeling, or a change in your mood).



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Connect Quest is all about building strong connections with yourself, others, and the world around you. When you feel connected, it's easier to make mindful choices about substances and device use.



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The 10-10 Challenge Tracker

Day	1	2	3	4	5
Check-in					

Day	6	7	8	9	10
Check-in					



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