

30-day Challenge

SLOW DOWN CHILDHOOD



This year
with Zip
the snail!

S M T W T F S

“Take it slow and give your soul a
chance to catch up with your body.”

- John O'Donohue

						1 Set a family intention for this challenge
2 Make a meal or snack together. 	3  Go say hello to the sun	4  Howl at the full moon	5 Create a cozy space or fort	6 Go outside and put your hands on the ground & take three deep breaths 	7 Draw a snail or another slow creature	8 Share roses and thorns around the dinner table 
9 Say no to something this week	10 Look at old pictures, or share a memory from your childhood 	11 Skip at some point in the day	12 Find a leaf or something in nature that is as unique as you 	13 Send something in the mail or put a surprise in someone's mailbox	14 Craft a little reminder of slow - something to hang where you'll see it every day.	15 Get rid of 10 items
16 Eat by candlelight 	17 5-4-3-2-1 Find 5 things: 5 you can see, 4 you can hear, 3 you can touch, 2 you can smell, & 1 you can taste	18 Leave a gift for zip in nature 	19 Lean against a tree and release anything heavy from the week	20 Choose one little way to slow down your morning	21 It's Friday, have a dance party! 	22 Take a lantern walk 
23 Invent a family handshake	24 Read aloud 	25 Tell jokes together	26 Play a board game 	27 Share gratitudes 	28 Opt Outside 	29 30 Toast together with your drink of choice. Take time to celebrate that you've completed the Challenge! 

November 1 - 30, 2025

