Daily Dose of Sunlight

A City Schools **BE WELL** Challenge

May 1 to 31, 2026

The research shows:
We feel better when we spend time outside!

Log your activities for the month, earn points, win prizes!

Movement
Move outside, including walking breaks, digital wellness breaks, walks, hikes, etc.

1 point per 15 min

Mindfulness
Be fully present and aware of your current experience, including breathing, meditation, journaling, etc.

1 point per activity

Nature Connections
Connect with nature through gardening, birdwatching, sitting in green space, bringing nature indoors

1 point per activity

Joy & Creativity
Be creative outdoors, including making art, taking pictures, playing music, etc.

1 point per activity

Social Wellness
Get outside with others, including a walking meeting, outdoor lunch, etc.

1 point per activity

PLUS!
Weekly Add-ons at Headquarters

Wed May 6 @ 12:30-1: group walk, meet in lobby
Wed May 13 @ 2:30-4:30: End of Year Celebration, Guilford Ave lot
Wed May 20 @ 10-3: seated massages, Room 212
Wed May 27 @ 12:15-1: NatureWorx session, meet in lobby

3 points per add-on

Sign up now!

https://bit.ly/dailydose2026

BALTIMORE CITY PUBLIC SCHOOLS

BE WELL
Baltimore City Public Schools Employee Wellness Program