



Sleep In 2021 Scavenger Hunt

Searching for a good night's sleep!

Instructions: Over the weekend of the Sleep In 2021 (March 12-14), try some of these activities as comfortable and appropriate for you. All are optional. This weekend is about YOU, your sleep, rest, and self-care. On Sunday, March 14th at 7pm ET, join us for the Scavenger Hunt Jamboree/Self-Care Discussion to share your "finds" with other participants [via this zoom link](#). You do not need to submit anything back to Project Sleep at the end of the Scavenger Hunt. This is for your own self-reflection and discovery!



1. Find something that makes you feel wakeful or joyful. Take a photo, draw a sketch, or journal about it.



4. Find something that makes you feel calm or safe. Take a photo, draw a sketch, or journal about it.



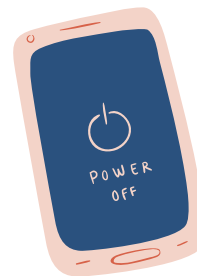
2. Paint a rock or decorate a poster with a message about sleep, dreams, rest, or self-care. Take a photo and consider posting on social media including the hashtag #SleepIn2021 and tagging @project_sleep. (If you paint a rock, keep it for yourself or place it outside for someone else to find! Acrylic paint pens work well for rock painting.)



5. Tune in for one of the live broadcasts over the weekend of the #SleepIn2021. Take a photo, draw a sketch, or write about something you learned from this broadcast.



3. Contact one local media outlet to tell them about your participation in #SleepIn2021.



6. Disconnect from all technology for 30 minutes. Do something mindful like taking a candle-lit bath, journaling, vision-boarding, reading, dancing, cooking, building a fort, getting outside, or playing a game.