

Healthy Mind Pursuits for camp pros

Healthy Mind Pursuits is based on the Healthy Mind Platter, a concept developed by Dr. Dan Siegel and David Rock to showcase the 7 activities that are the 'mental nutrients' your brain needs to function at its best.

Here are some fun (and definitely not trivial) challenges to help you pursue a healthy mind! [Play along at jewishcamp.org/healthymind.](https://www.jewishcamp.org/healthymind)

Challenge completed? Tag us at @jewishcamp and use the hashtag #jewishcamppursuits.

