

Healthy Mind Pursuits

CAMP PRO EDITION

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](https://twitter.com/jewishcamp) and tag [#jewishcamp](https://twitter.com/jewishcamp) pursuits.

