

CIE 2024 FEELING GOOD FALL CHALLENGE ACTIVITY LIST

Feeling Good Fall is a challenge that encourages you to participate in wellness and community building activities this October 1st-November 1st. The purpose of this challenge is to encourage students to build connections and community while taking care of their health.

Now more than ever, it is important to engage in community and take care of your health!


Complete five activities before November 1st, 2024, to be eligible to win one of five \$50 gift certificates towards an activity of your choice!

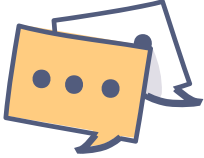
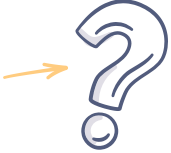

View our [2024 list of activities](#) to help you explore what building community and wellness mean to you and share what you have done to inspire others to explore this too.




When you complete your five activities, fill out this [form](#) before November 1st, 2024, to enter.

Do you have TikTok, X, Instagram, or Facebook?





Share your activities on any of these three platforms and tag @uoftstudentlife #FeelingGoodFallChallenge2024 (optional)





Activity (25)	Links & notes	Share and inspire others!	Activity completed
Kick-off this challenge with your peers at the Centre for International Experience (CIE) 	Come on over to the Cumberland House on 33 St. George Street as we kick things off with fun activities and food! Register on Folio to attend.	Tell a friend to tell a friend! Instagram/ X /TikTok/ Facebook: @uoftstudentlife #FeelingGoodFallChallenge2024	



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<p>Peer Support: Confidential 1:1 Sessions</p> 	<p>Join us starting October 1st for “Peer Support: Confidential 1:1 Sessions” with a trained peer supporter. Choose from in-person locations at Robarts Library (Room 1152), Engineering & Computer Science Library (Room 2402C), or Student Commons (Room 246) with no prior appointment needed or attend drop-in sessions online via Zoom. Discuss anything from academics to relationships in a non-judgmental and confidential space.</p>	<p>Inspire friends to attend a session by sharing the benefits you gained.</p>	
<p>Meet Through Trivia</p> 	<p>Test your knowledge on a variety of topics and your teamwork skills for the chance to win prizes! Book on Folio to attend.</p>	<p>Tell a friend to tell a friend!</p>	
<p>Go Varsity Blues! Show your school spirit and attend a fall game of the sport of your choosing</p> 	<p>Check out the season schedule here. Whether you’re passionate about a certain sport or just looking for things to do with a group, our athletes always bring the competition.</p>	<p>Share a fun photo or video of you taking part.</p> <p>Instagram/ X /TikTok/ Facebook: @uoftstudentlife #FeelingGoodFallChallenge2024</p>	

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<p>Mindful yoga practice at home or on campus</p> 	<p>Get in touch with your body and mind by practicing yoga at home. Follow along with an online yoga class, create your own routine, or practice in community at one of our Mindful Moments Yoga and Meditation sessions. More information on those here.</p>	<p>Share a photo of your favorite yoga pose or reflect on how it made you feel more mindful and grounded.</p> <p>Instagram/ X /TikTok/ Facebook: @uoftstudentlife #FeelingGoodFallChallenge2024</p>	
<p>Try a New (to You) Cuisine</p> 	<p>Explore more flavors that contribute to our minds, bodies, and spirits. Toronto is one of the most diverse cities in the world; try out famous spots (like Juicy Dumplings on Spadina or Anejo on King) or a place right next to campus. Here's a link to a list of restaurants near the UTSG, UTM, and UTSC campuses.</p>	<p>Feel free to make this a personal goal or into a fun group activity!</p>	
<p>Your Wellbeing Matters!</p> 	<p>Join this interactive mental health education workshop designed for international students.</p>	<p>Tell a friend to tell a friend.</p> <p>Instagram/ X /TikTok/ Facebook: @uoftstudentlife #FeelingGoodFallChallenge2024</p>	





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<p>Discover Indigenous knowledge and teachings at First Nations House</p> 	<p>Check out First Nations House to learn attend events, socialize, seek guidance from Elders and access financial and academic supports. Their Full Moon Fires that occur throughout the year are a campus-wide favorite!</p>	<p>Share a reflection from this session with a peer.</p>	
<p>Reflecting on your perspective on gratitude</p> 	<p>Take some time to reflect on the things you're grateful for by engaging in gratitude journaling or meditation. Each day, set aside some time to think about something you're grateful for and write it down or meditate on it.</p>	<p>Share a photo of your gratitude journal or reflect on how the practice improved your mental health.</p> <p>Instagram/ X/TikTok/ Facebook: @uoftstudentlife #FeelingGoodFallChallenge2024</p>	
<p>Nature Appreciation (Maybe Even a Photo Walk!)</p> 	<p>Get some fresh air and exercise while engaging in mindfulness and reflection by going for a walk-in nature. Take in the sights, sounds, and smells around you, and appreciate the beauty of the natural world.</p>	<p>Share a photo of a beautiful scene you encountered on your walk!</p> <p>Instagram/ X/TikTok/ Facebook: @uoftstudentlife #FeelingGoodFallChallenge2024</p>	
<p>Unpacking Burnout</p> 	<p>Take some time to care for your own spirit as a student. More information about attending this session can be found on Folio.</p>	<p>Share a reflection of your experience with a friend, or even just mindfully with yourself.</p>	

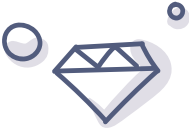
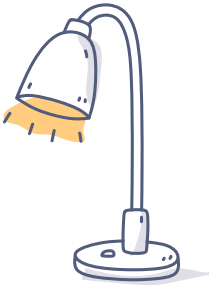
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<p>Meet Through Games</p> 	<p>This popular CIE activity is back this fall. Register on Folio (Oct. 10th) and Folio (Oct. 25th).</p>	<p>Tell a friend to tell a friend.</p>	
<p>Museum Field Trip Day!</p> 	<p>Toronto is an incredibly diverse city with layers of history and subjects that appeal to every interest. Here's the links to details about free and discounted student and youth admissions: the ROM, AGO, Bata Shoe Museum, Aga Khan Museum, and the Museum of Contemporary Art.</p>	<p>Share a photo or video of you taking part.</p> <p>Instagram/ X/TikTok/ Facebook: @uoftstudentlife #FeelingGoodFallChallenge2024</p>	
<p>Afrobeat TikTok 101</p> 	<p>Learn the practices and performance of popular African music styles and dances. End the night with a meal of dishes from the music's country of origin. Happening: Folio (Oct. 9th) and Folio (Oct. 23rd).</p>	<p>Share a photo or video of you taking part.</p> <p>Instagram/ X/TikTok/ Facebook: @uoftstudentlife #FeelingGoodFallChallenge2024</p>	
<p>Undergrads and graduate students, explore your potential for leadership</p> 	<p>The Student Commons will be hosting a plethora of events, like goal-setting for grads and full day of leadership for grads and the Learning to Lead workshop series.</p>		

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<p>Drop-in sports, group classes, and swim</p> 	<p>Join us for an energizing group fitness class. Check out the schedule and get ready to sweat, have fun, and feel great!</p> <p>AND</p> <p>Join the fun at the Athletic Centre Field House with our drop-in sports sessions! Whether you're a beginner or a pro, there's something for everyone. Choose from basketball, volleyball, or frisbee and get moving.</p>	<p>Share a photo or video of your group fitness energy in action!</p> <p>Instagram/ X/TikTok/ Facebook: @uoftstudentlife #FeelingGoodFallChallenge2024</p>	
<p>Build community and explore Student Clubs on campus</p> 	<p>Join us for an exciting opportunity to build community and explore the diverse range of student clubs on campus! Meet new people, discover your passions, and get involved in campus life. Explore Campus Groups and join one here</p>	<p>Tell a friend to tell a friend!</p>	



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<p>Grad Student Bonding: games nights, trivia, craft sessions, and stress breaks!</p> 	<p>Take a stress break from your research or course readings and join current graduate students at social events (“grad escapes”) that are facilitated by a graduate student ambassador.</p> <p>Or</p> <p>Network with fellow graduates through events like our Virtual Speed Networking.</p>	<p>Share this experience with your peers.</p>	
<p>Podcast Power Hour</p> 	<p>The Wellbeing Collective seeks to explore wellness while centering and highlighting the experiences and practices of Indigenous, Black, and Racialized students as well as those of the greater community.</p> <p>Healthy U Chats explores various topics related to physical and mental health with experts in the field.</p>	<p>Share a podcast episode with a friend.</p>	

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<p>Explore Faith on Campus</p> 	<p>Experience a multitude of programs at the Multifaith Centre focused on your faith, spirituality, and living in community on campus. Check out offerings like “My Big Questions”</p> <p>Learn, connect, and reflect with one of the many chaplains or Multi-Faith Centre programs such as Reading Scripture in Community to build interfaith understanding</p>	<p>Share this experience with your peers.</p>	
<p>Cookies & Creative Writing</p> 	<p>October 9th, Koffler House. Bring a pen and your friends and we’ll supply the cookies and writing prompts! This is a lighthearted approach to writing creatively, no experience required.</p>	<p>Share your memories with us by posting a photo or video of the event.</p> <p>Instagram/ X /TikTok/ Facebook: @uoftstudentlife #FeelingGoodFallChallenge2024</p>	

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<p>Explore Hart House’s huge repertoire</p> 	<p>Use these spaces to explore your potential communities on campus and build supportive networks, such as the Black Futures Presents: Barbershop. Or, come with friends to events like the Hart House Wellness Retreat in collaboration with CIE will be focusing on the connection between Culture and Wellness for Indigenous, Black and Racialized students.</p>	<p>Tell a friend to tell a friend.</p>	
<p>Let the Light Shine</p> 	<p>Light therapy lamps stationed around different locations in Robarts are a mode of treatment for Seasonal Affective Disorder (SAD), known as the “winter blues”. When you’re looking for a little pick-me-up for when you study, turn one of these on for a little sunshine. If you’re trying to find a quiet place to meditate, stretch, do some yoga or pray during your quick study break at the libraries, take a look at the Reflections rooms in Robarts and Gerstein Science Information Centre</p>	<p>Tell a friend to tell a friend.</p>	

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<p>Volunteer and spend time building better futures and environments!</p> 	<p>Some examples of this include dedicating some time to the Innis College Garden, Seeds of Change Food Justice Program, or getting involved in the Bridging Connections Mentorship Program.</p>	<p>Be sure to familiarize yourself with Folio and take advantage of the CCR (Co-Curricular Record) credits and self-improvement opportunities on there!</p>	
<p>Explore more community building opportunities and wellness resources on campus.</p> 	<p>Check out the Center for International experience (CIE) website for more information.</p> <p>Learn more about the University Health Insurance Plan (UHIP)</p> <p>Find supports and services on the student Mental Health Resource website.</p>	<p>Share this with your peers.</p>	

