

# 30-Day Attendance Challenge

for 7-12 Students

It doesn't matter where you start. Just keep showing up!

MONDAY

## SET A GOAL

How many days do you want to show up this week? (Spoiler: 5!)

TUESDAY

What's one reason showing up today might actually matter?

WEDNESDAY

Who's someone at school that makes your day better?

**Let them know.**

THURSDAY

## Check your streak

Did you show up all week so far?

FRIDAY

Shout out someone who's been here every day. Respect.

MONDAY

What makes you feel welcome when you walk into school?

TUESDAY

Say hey to someone new today. Even a head nod counts.

WEDNESDAY

Ask a classmate what helps them feel included. You might be surprised.

THURSDAY

Text or say something kind to someone who's been showing up strong.

FRIDAY

Celebrate your week: High-five yourself. You earned it.

MONDAY

How many days have you made it so far? Could this be your best streak yet?

TUESDAY

## Be honest

What makes it tough to show up? Just naming it helps.

WEDNESDAY

What's one small thing you can do to help yourself get to school tomorrow?

THURSDAY

Drop an anonymous "I showed up today because..." on the class board or teacher's desk. Keep it real.

FRIDAY

## TEAM UP

Set a class attendance goal and plan a small win celebration.

MONDAY

Look back at your goal from Day 1.

**How'd you do?**

TUESDAY

Shout out a classmate who helped you keep showing up.

WEDNESDAY

Write down something that motivates you to be here. (Yes, FOMO counts.)

THURSDAY

Tell someone why they matter here.

**Keep it positive!**

FRIDAY

## Final check-in

What did showing up this month really mean to you?