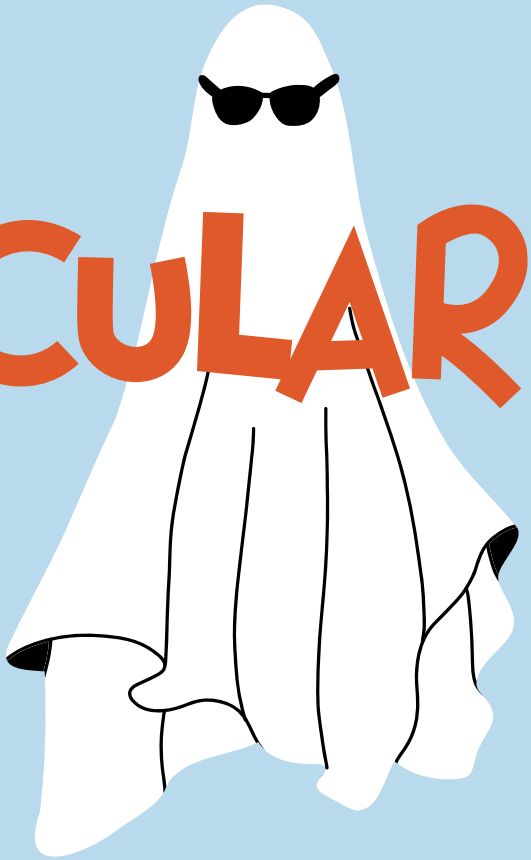
THE

SPOOKTACULAR

HALLOWEEN CHALLENGE



Get into the spooky spirit by completing 3 FaBOOlous Halloween activities. No tricks, just treats! Follow the flow chart and complete the associated actions listed on the next page. Switch up your answers to complete a total of 3 activities.

START HERE

FRUITY OR CHOCOLATEY?

FRUITY

CHOCOLATEY

SWEET OR SOUR?

SWEET

HARD OR SOFT?

HARD

1

SOFT

BITE-SIZED?

YES

2

NO

3

SOUR

HARD OR SOFT?

HARD

4

SOFT

BITE-SIZED?

YES

5

NO

6

PLAIN OR FILLED?

FILLED

NUTS, NOUGAT, OR WAFER?

NUTS

7

NOUGAT

8

WAFER

9

PLAIN

10

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FaBOOlous Halloween Activities

1. Unplug from your computer and take a small break to destress by doodling or coloring one of these Halloween Coloring Pages.

2. Complete The Ghouling Halloween Workout.

3. Try these Halloween recipes. So good, it's scary! Build your own Char-boo-terie Board, or make Pumpkin Waffles with Apple Cider Syrup, these are sure to please your little ghouls and goblins.

4. Whether Halloween is your favorite or towards the bottom of your holiday list, find the good in this Holiday. Incorporate positive thinking into your routine by listing three positive things associated with the holiday or season.

5. Give back to your community and "boo"st your social network by volunteering to rake leaves for a neighbor.

6. Get into the spooky spirit by decorating your office space.

7. Have a good cackle by sharing these Halloween Jokes with friends or coworkers.

8. Take a break from scrolling and read a scary or suspenseful book this month.

9. Boost your social battery by hosting a haunted gingerbread house competition.

10. Haunt your local community events or parties. Support your community by asking if they need volunteers!

Flow Chart Adapted from The Wildcat Roar

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