

January 23, 2021

Hello, PLP Girls Gen!

Welcome to your first goodie bag of 2021! I will try to drop off goodie bags to your homes at least once a month (as long as you continue participating in team events) and each bag will have a challenge for you!

Let me explain this first one:

1. **Pink tote bag** - here's our first team competition! Please decorate this tote bag with whatever items you may have at home (pens, markers, sharpies, paint, glitter glue, Cricut materials, etc.). Decorate both sides of the bag and the handles with words and/or pictures representing our PLP Girls Gen 2021 team. Then, upload pictures to our Google Classroom, the Remind App, or email me your entry. The winning team member will receive a gift card in their next goodie bag. **Deadline: January 31st.**
2. **Zippered pouch** - use this however you wish. Store flash cards for school, use it as a pencil pouch, collect your facial cleansers and lotions inside, whatever you want! Just be sure to remember the words written on the pouch... "Shine Bright"!
3. **Nail polish** - pamper yourself! Don't forget that part of our Health & Wellness focus is self-care. Enjoy the little things.
4. **Face mask** - same as above. Taking care of your skin is important. Sit back, relax, and unwind.
5. **Yoga cards** - stretching and physical movement are so important to keeping the blood pumping. Have you ever tried yoga? There are three different yoga position cards for you to try out! See how flexible you are.
6. **Lavender seeds** - let's get planting! Grab a cup, get some dirt, plant your seeds, water, and watch it grow! Lavender has so many health benefits. Google "lavender benefits" and see what you find...
7. **Mini pen & pencil** - We're spending so much time online, don't forget to actually write by hand. Use your pen or pencil to write a nice thank you note or a quick hello to someone.
8. **Notepad** - make a to-do list. Get organized. We become stressed when we're disorganized. Plan out your week, your assignments, or what you need to do for GBLA.
9. **Sweet treat** - okay, I know Starbursts and Hershey Kisses aren't really "healthy," but I had to throw them in because they matched the pink theme!

Please enjoy your goodie bags and be on the lookout for the next one in a few weeks. In the meantime, please help out the team by **documenting the experience**. Take pictures of yourself opening and going through your bag, using your products (ex., planting seeds, writing letters, painting nails, using face masks, doing yoga - whatever you're willing to share).

Thanks so much for your participation! ~Ms. L :)