

June is EDI Awareness month | Move, Recharge & Try Something New

STRIVE TO THRIVE ACTIVITY PASSPORT













**ENCOURAGING CONNECTION, INCLUSION, AND TRYING
NEW PERSPECTIVES**

Complete any 10 activities from the attached sheet or try your own.
Email your completed sheet by June 30, 2026 to be entered into the
prize draw to: health.disability.wellness@ufv.ca



Share the activities you tried:



Move, Recharge & Try Something New

Activity suggestions or try your own!

Accessibility & Inclusive Movement

Try a seated or low-impact workout

Try an adaptive fitness video

Take a “sensory-aware” walk (notice sound, light, environment)

Mental Health & Addictions Awareness

Short digital detox + move

Learn about rest & recovery

Learn one fact about mental health or substance use recovery

Identity, Inclusion & Allyship

Practice using someone’s correct name and pronunciation

Kindness check-in

Attend the 4th Annual Pride Tea Dance on June 17th

Movement & Equity

Invite someone to join you for a movement break

Listen to global music while active

Explore a free wellness resource available in your community

Community & Belonging

Attend the World Cup Lunch Viewing Party on June 24th

Walk in a new neighbourhood

Start a conversation with someone you don’t usually connect with

Indigenous & Local Awareness

Spend time outdoors and reflect on connection to land

Visit a local farmer’s market

Reflect on how nature supports your wellbeing

