

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>National Health Observances:</p> <ul style="list-style-type: none"> Alzheimer's & Brain Awareness Month National Safety Month 18: Autistic Pride Day 19: Juneteenth <p>This month be mindful of all the activities you do each day.</p> <p>How will each activity help take care of your mind and body over summer break?</p>	<p>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury.</p> <p>Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)</p>	<p>This month be mindful of all the activities you do each day.</p> <p>How will each activity help take care of your mind and body over summer break?</p>	<p>1 No Hands Challenge Pick up a ball from the floor without using your hands.</p>	<p>2 Crab Walk Walk like a crab for 1 minute.</p>	<p>3 Healthy Painting Paint or draw a picture of a healthy meal and an unhealthy meal.</p>	
<p>4 Random Act of Mindfulness Write down one way you practiced mindfulness today by focusing your attention and awareness in the present moment?</p>	<p>5 Nature Walk Go on a nature walk and identify 3 different plants or animals you see on your walk.</p>	<p>6 Healthy Cooking Find an alternate way of cooking your favorite fried food. Grilling, boiling, ect. This saves calories and is healthier for your heart.</p>	<p>7 Dance Party Have a dance party at home with friends using a YouTube video to follow along.</p>	<p>8 Go on a Picnic Invite a friend to make a healthy snack and go on a picnic.</p>	<p>9 Book Balance Challenge How many books/magazines can you carry on your head for 5 yards?</p>	<p>10 Playdate Schedule a playdate with a friend to play outdoors or do something together while being physically active.</p>
<p>11 Make Healthy Popsicles! It's hot outside! Make popsicles out of your favorite fruit.</p>	<p>12 Think Positive Write down two sentences/statements to express your daily positive thinking.</p>	<p>13 Grateful Marching March in place for 3 minutes and think of 3 things you are grateful for.</p>	<p>14 Healthy Sharing Make a list of some healthy summer snacks and share your ideas with a friend.</p>	<p>15 Dance Break Put on your favorite song for dancing and dance with company or alone.</p>	<p>16 Family Game Night Have a family board game night or play a family game in the backyard.</p>	<p>17 Practice Riding Learn how to ride a bike or practice riding your bike.</p>
<p>18 Autistic Pride Day Learn more about Autism Spectrum Disorder (ASD) and Autistic Pride Day. Why is it important to be inclusive of people with disabilities?</p>	<p>19 Juneteenth Using the link below, learn about Juneteenth. Go for a walk with a family member or friend and share what you learned while you walk. Juneteenth</p>	<p>20 Positive Mindset Challenge Look yourself in the mirror and say 3 positive things about yourself.</p>	<p>21 Tag! Your it! Play tag with a friend.</p>	<p>22 Learn your veggies Identify two new vegetables at the grocery store you have never seen before.</p>	<p>23 Spread Kindness Spread kindness and give a High Five to 5 people today.</p>	<p>24 Skaters Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds.</p>
<p>25 Jump Rope Can you jump rope for 50 consecutive jumps. Do these 10 different times to strengthen your heart and lungs.</p>	<p>26 Hydration Take extra time to drink eight 8oz. glasses of water today. At the end of the day, how do you feel?</p>	<p>27 Share a Laugh Tell a joke, watch a funny movie, or draw a silly picture with someone.</p>	<p>28 Play Tennis Find a local tennis court and play a game of tennis with a friend or family member. This is a great eye-hand coordination sport.</p>	<p>29 Obstacle Course Create your own obstacle course and time yourself doing it.</p>	<p>30 Physical Exam Schedule your yearly physical exam this summer for fall sports.</p>	