

November 2023

Secondary Health & Physical Education Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|--|---|
| National Health Observances: <ul style="list-style-type: none"> National Gratitude Month American Diabetes Month Native American Heritage Month 2nd National Stress Awareness Day 13th World Kindness Day | | | 1 Mindful Walk Take a mindful walk and bring full attention to the movements and sensations in your body | 2 Nature Walk Movement can be a great way to reduce stress. Go on a nature walk outdoors and set positive affirmations/mantras for the month. | 3 Muscle Relaxation Learn and perform a muscle relaxation meditation routine. Muscle relaxation meditation | 4 National Play Outside Day Get fresh air today and play or spend time outside for 30 minutes. |
| 5 Backyard Games Find a backyard game to play such as cornhole, ladder gold, can jam, etc. and invite a friend or family member to play. | 6 Set a Goal Set a consecutive day goal. How many days in a row can you get some exercise? | 7 10 for Tuesday 10X Jumping Jacks 10X Push Ups 10X Curl Ups 10X Squats (Repeat 2 or 3 times) | 8 American Diabetes Month It is American Diabetes Month use this link to Understand Diabetes and those who live with it in your community | 9 Gratitude Message Send messages to people you are grateful to have in your life. | 10 Veterans Day Create your own military flexibility routine for the major muscle groups and share it with a Veteran today. | 11 Fitness Challenge Try these muscle fitness tests and see if you can complete: 60 squats in 60 seconds, broad jump your height, and one push-up every two seconds for one minute. |
| 12 Dispositional Mindfulness Pick one of these examples of dispositional mindfulness and practice it today | 13 World Kindness Day Write someone a letter, email or text letting them know how they inspired you | 14 Track It! Develop physical activity log and track your physical activity level for a week. | 15 Try Five Try these five mindful exercises | 16 Mental Flexibility Try one of these 10 mental flexibility tips today | 17 Outdoor Walk Take an outdoor nature walk to find different trees, flowers, bushes, insects. Write down what you saw and the distance that you walked. National Take a Hike Day | 18 Workout Buddy Find a workout buddy and see if you can do partner squats, partner push and pulls, and partner sit-ups. Track how many you could do. |
| 19 Reset Sunday Go the whole day without using a phone. | 20 Create Your Own Create your own 20 minute circuit training routine that can be done with no equipment (push-ups, sit ups, bear crawl, jog, etc.) | 21 Healthy 5 Write a list with 5 healthy snacks you would like to incorporate into your diet. | 22 National Native American Heritage Month Watch the video Native American Traditional Games to find a new game to try. Why was this game created? | 23 National Family Health History Day On Thanksgiving, take some time to learn more about your family history. | 24 Post-Thanksgiving workout Be active for 30 minutes today and be sure to stretch when you're done | 25 Personal Strength What personal strengths do you have? Think about the great things that make you, YOU! |
| 26 Reflection Find a moment of peace and reflect on the month. | 27 Gratitude in Your Attitude Put Some Gratitude in Your Attitude. Try one of these 10 tips . | 28 Give Kindness Find 5 people (before school, at recess, or after school) and give them a positive message! | 29 Celebrate! Celebrate your success by picking your favorite activities from the calendar. Put a star on your favorite, heart on the one that made your heartbeat fastest, and smiley face one that made you content/calm. | 30 Let's Catch! Practice catching and throwing with your favorite ball with a friend or family member.  | 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. Reproduced with permission from the Society of Health and Physical Educators (SHAPE America) | |