

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Observances August 13th - National Left-Handers' Day August 10 – National Lazy Day -Children's Eye Health & Safety Month -National Immunization Awareness Month		1 Change-It-Up Invite a friend to go on a walk.	2 Mindful Minute Mindful Minute Find a comfy spot, take one minute to reset, refocus, and re-center yourself for the day!	3 Mind & Body Take a Deep Breath with visualization: visualize positive memories, thoughts, or accomplishments, take 5 slow deep breathes in & out as you reflect on those memories.	4 Yoga Your Way Try one or both of these Yoga poses today to stretch your hamstrings! Hold downward facing dog or Triangle Pose for 3 times for 15-30 seconds!	5 National Play Outside Day Test your strength! Hold a plank for more than a minute, broad jump your height, or farmer's walk with ½ bodyweight in each hand! Try one or more!
6 WOW Goal Research- find one study that shows how physical activity can enhance brain power.	7 Get Moving! Go for a 20 Minute Walk.	8 I Love Myself Look in the mirror, smile, and say 3 things that you love about yourself.	9 Social Health Talk to a friend or peer: find a common connection and explore through conversation. Box breathing.	10 National Lazy Day 3-3-3: inhale for 3 seconds, hold for 3 seconds, and exhale for 3 seconds. Do this for 1 minute.	11 Arm Stretches Stretch with a friend. Count 10-30 seconds for each other while holding the stretch for hip flexors, low back, and shoulders	12 Infuse Wellness Find two ways that you can help someone in your family incorporate physical activity into their existing.
13 Equal Strength Can you curl, lunge, and press the same weight with your non-dominant hand as with your dominant hand?	14 Push-up Power Do 2-3 sets of push-ups.	15 Spread Kindness Give 5 genuine compliments today.	16 H.A.L.T.E.D. HALTED stands for Hungry, Angry, Lonely, Tired, Embarrassed, Disappointed. How do each one of these things make you feel? H.A.L.T.E.D.	17 Free Write Write down in a journal or notes app. Capture your thoughts, ideas, struggles, or excitements. Put them in a place you can go back to at a later date	18 Cross it Over Take Tuesday's Compliment, and provide a compliment to someone's stretching routine. Tell them what was good about the stretch.	19 Age Reps! Perform 3 sets of these exercises for your age in reps (i.e. If you are 15, perform 15 reps per set) Squats, Russian twists, push-ups, lunges, ab holds, and dips.
20 Advocacy What is one thing you can do to advocate for more physical activity during the school day? Create a plan of action to make it happen!	21 All Abs Do 2 - 3 sets of sit-ups.	22 Give Back Find an opportunity to help someone today.	23 Anatomy Quiz Name at least 5 muscles, and how you use them. Perform at least 3 of the exercises you named.	24 Learn Something New! YouTube a How-to video and learn a new skill.	25 Flex and Stretch Challenge yourself to flex a muscle and then stretch that muscle. Next, stretch the muscle and stretch the opposite muscle.	26 Workout A-Z Pick an exercise that starts with each letter of the alphabet. Work for 10 sec, rest for 20 sec, then move to the next move! (i.e., 10 sec Air Squats, Bent-over rows, Crunches, etc...)
27 WOW Goal Set a goal to increase your physical activity next month.	28 Stretch it Out! Do 10 minutes of stretching.	29 Connect! Reach out to someone you haven't connected with since the end of the school year.	30 Hydrate! Track Your Water Drink at least 8 cups of water.	31 All In The Arts Listen to your favorite music or work on an art project. Create a playlist or get out your art supplies, and spend time engaging in the activities. Make it something you enjoy!	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.	