

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Journal This month start a journal. In the journal write about how you feel throughout the day and different things that happened. Small kids can draw pictures and talk about the day.	2 Musical Frogs This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).	3 Play Catch Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.	4 Limbo Grab a broom stick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?	5 Boat Pose Hold Boat Pose three times for 15 seconds. 	6 Toe Fencing With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.
7 A Quarter's Worth How much is a quarter worth? Complete 25 of the following: Skip Jump Lift Knees Walk backwards	8 Along the sidewalks alternate between skipping, speed walking, and jogging.	9 Savasana Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind. 	10 I, Spy Walk Go for a walk with your family while playing a game of I, Spy.	11 Crawl Like a Seal Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.	12 Put your favorite song on and make up a dance or fitness routine!	13 Set the Menu Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.
14 Nighttime Note Empty your mind before you go to bed by writing a note about what you're thinking and leave it for tomorrow.	15 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	16 Swimming at the pool today. Have fun with friends and family swimming in the pool.	17 Wake and Shake As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.	18 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	19 Just play! Hide-and-see, tag, hopscotch, hula hoop, pogo stick, it's up to you!	20 Jump, Jump Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.
21 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	22 Sidewalk Chalk Balance Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing.	23 Downward Dog Hold three times for 20 seconds. Try lifting one leg for an even greater challenge! 	24 Play outside and run through the sprinkler today!	25 H-A-L-T-E-D HALTED stands for Hungry, Angry, Lonely, Tired, Embarrassed, Disappointed. Over the next few days pay attention to your feelings. Do you tend to act differently when you feel one of the letters in HALTED?	26 Bear Walk With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.	27 4 Walls Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps
28 Read & Move Pick a book to read and select an "action word" that will be repeated often. When the "action word" is read stand up and sit down.	29 Happy Baby Pose Straighten your legs for an added challenge. 	30 Journal Part 2 Look over your journal from the month. Did you write something every day? What did you notice about how you feel over the month?	Think about all the activities you did throughout the year. How will you take care of your mind and body over the summer break?		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. Happy exercising!	