

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Mindful Minute</p> <p>For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p> <p>Self-Injury Awareness Day</p>	<p>2</p> <p>Try and sprint from one end of your street to the other. Have a family member time you.</p>	<p>3 Mindful Minute</p> <p>For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p>4</p> <p>5 walking lunges 5 jumping split squats 5 jump squats</p> <p>3 times through</p>	<p>5 Partner Challenge</p> <p>Sit back to back with a friend and link arms. Try to stand up without unlinking arms.</p>	<p>6 Fitness Intervals</p> <p>10 squats 10 broad jumps 10 second sprints 10 pushups 10 sit-ups</p> <p>National Day of Unplugging (starts at sundown)</p>	<p>7 Jab, Jab, Cross</p> <p>Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p> <p>National Day of Unplugging (ends at sundown)</p>
<p>8 Sugarcane Pose</p> <p>Hold Sugarcane Pose for 30 seconds on each side.</p> 	<p>9 Limbo</p> <p>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?</p>	<p>10 Crazy 8's</p> <p>8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p>11 Between the Knees</p> <p>Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees.</p>	<p>12 Happy Baby Pose</p> <p>Straighten your legs for an added challenge.</p> 	<p>13 Toe Fencing</p> <p>With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p> <p>National Good Samaritan Day</p>	<p>14 Chest Pass</p> <p>Practice your chest passes against a brick wall. Remember to step towards your target.</p>
<p>15</p> <p>Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds.</p>	<p>16 Mindful Minute</p> <p>For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p>17 Code Words</p> <p>While watching TV any time you hear the code words complete 10 jumping jacks.</p> <p>Code words: green, St. Patrick's Day, lucky, leprechaun</p>	<p>18 Mindful Minute</p> <p>For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p>19 Pretend!</p> <p>Pretend to:</p> <ul style="list-style-type: none"> -Sit in a chair for 10 seconds -Shoot a basketball 10 times - Ride a horse -Be a frog -Lift a car 	<p>20 Jump, Jump</p> <p>Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.</p>	<p>21 Walking Race</p> <p>Pick a distance and challenge a friend to a speed walking race. No running!</p>
<p>22 Dance, Dance</p> <p>Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>	<p>23</p> <p>Complete 25 of the following: High Skip Squat Jumps High Knees Walk backwards</p>	<p>24 Squat with Kicks</p> <p>Complete a squat when standing kick one leg forward. Be sure to alternate legs on each squat. Complete 10.</p>	<p>25 Fitness Intervals</p> <p>10 squats 10 broad jumps 10 second sprints 10 pushups 10 sit-ups</p>	<p>26 Do this:</p> <ul style="list-style-type: none"> -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds 	<p>27 Set the Menu</p> <p>Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.</p>	<p>28 Vertical Jump</p> <p>Jump as high as you can for 30 seconds. Repeat.</p>
<p>29 Ragdoll Pose</p> <p>Hold Ragdoll Pose for 30 seconds. Repeat.</p> 	<p>30 Jab, Jab, Cross</p> <p>Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p>	<p>31 Mindful Minute</p> <p>For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p>National Health Observances:</p> <ul style="list-style-type: none"> • National Nutrition Month • 1st- Self-Injury Awareness Day • 6th -7th National Day of Unplugging (sundown-to-sundown) • 13th National Good Samaritan Day <p>Yoga pictures from www.forteyoga.com</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. Happy exercising!</p>