

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Yoga Yoga is a great way to relieve stress. Try Savasana , considered to be the hardest yoga pose! Fully relax & clear your mind. 	2 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	3 Crane Pose Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows.	4 Sudoku Play a game of Sudoku.	5 Before Bed Breathing While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.	6 Mindful Coloring Take some time and color a picture today.
7 World Health Day Theme: Shine a light on nurses and midwives, the on-the-call, restless workforce that revolutionized the healthcare industry as we know it today.	8 Walk and Talk Take a walk with your parents or an adult who takes care of you about what to do in an uncomfortable situation. What does it look like, feel like, and how to respond.	9 Read & Move Listen to a free audible book while you go for a walk, take a jog or clean up.	10 Just Play! Basketball, bike ride, soccer, tennis, skate board, it's up to you!	11 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.	12 Device Detox Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours. But first check out this video!	13 Balance Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides.
14 Connect Call someone you have been meaning to catch up with.	15 Jump Rope to Music! Can you jump to an entire song without stopping?	16 Calm Down Unwind by trying Calm for sleep while going to bed tonight.	17 Mindful Senses What do you notice around you? Find: 5 things you see 4 things you feel 3 things you hear 2 things smell 1 thing you taste.	18 Walking Barefoot Walk barefoot in the grass with a family member.	19 Tabata 10 Knee Raises 10 Jump Squat 10 Jump Squat With Knee Raises 20 seconds of work 10 seconds of rest 8 rounds	20 Visualization Think of a time when you reached your goal and you felt relaxed and happy....
21 Yoga Combo Practice stress management yoga with Adriene .	22 Garland Pose Practice your balance with this pose! 	23 Recipe Dig out that recipe you saved from one of your favorite sites and make it today.	24 Nighttime Note Empty your mind before you go to bed by writing a note about what you're thinking and leave it for tomorrow.	25 Indoor Garden Plant an indoor herb to use in the kitchen.	26 A Gratitude Attitude Write down something you're thankful for and why.	27 Water Challenge Grab that new water bottle laying around. Create a goal of how many times you'll fill it and bring it around with you all day.
28 Game Night Grab some friends, siblings or family members and your favorite electronic free game. Maybe bring a snack to the table.	29 Journaling for Stress Management Create a journal to relieve stress.	30 Pigeon Pose Hold this pose for 1 minute on each side. Use this to relax and wind down all year! 	National Health Observances National Autism Acceptance Month National Minority Health Month National Distracted Driving Awareness Month Stress Awareness Month Sexual Assault Awareness Month April 7: World Health Day		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. Yoga photos from www.forteyoga.com	