

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>National Health Observances:</b></p> <ul style="list-style-type: none"> <li>Asian American and Pacific Islander Heritage Month</li> <li>May 1-7: National Physical Education and Sport Week</li> <li>May 7: Teacher Appreciation Day</li> <li>May 5<sup>th</sup>: Cinco de Mayo</li> <li>May 6<sup>th</sup>: National Nurses Day</li> </ul>	<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.</p> <p><a href="#">Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)</a></p>	<p><b>1 Rock Paper Scissors Tag</b> Play rock, paper, scissors. The loser remain frozen while the winner runs to the next person. Frozen players can unfreeze if they win and run to find someone else to play with again.</p>	<p><b>2 Partner Challenge</b> Sit back-to-back with a friend and link arms. Try to stand up without unlinking arms.</p>	<p><b>3</b> Participate in an activity of your choice but be sure to include someone you don't normally play with today.</p>	<p><b>4 Grounding</b> The 5-4-3-2-1- exercise brings you back to the present moment through all your senses. Notice 5 things you can see, 4 sensations you can feel, 3 sounds you can hear, 2 things you can smell, 1 thing you can taste.</p>	
<p><b>5 Parachute</b> With a friend or family member use a bed sheet like a parachute in PE. Lift up and down to move air underneath the sheet.</p>	<p><b>6 Mindful Walk</b> Walking is a simple and great exercise for everyone. Today go for a walk with a caregiver or friend, what do you see, smell, feel, hear, taste?</p>	<p><b>7 Write a Letter</b> Write a thank you letter to one of your teachers today!</p>	<p><b>8 Hold A Pose</b> Start with your knees and hands flat on the ground. Lift your hips up until your legs and arms are straight and your body looks like an upside-down "V." Relax your head. Hold the pose and breathe deeply. Hold for 20 seconds and repeat.</p>	<p><b>9 Hopscotch</b> Draw a hopscotch board on the driveway or the sidewalk and play this classic game with a friend or family member.</p>	<p><b>10 Snake Breath</b> Breathe in slowly through the nose and breathe out through the mouth making a hissing sound like a snake.</p>	<p><b>11 Body Scan</b> Bring your attention to various parts of your body, spending 10-30 seconds on each part (e.g., toes, bottoms of feet, tops of feet). Notice any and all physical sensations: warmth, coolness, tension, tingling, pressure, pain, or textures.</p>
<p><b>12 Step It Up</b> Take 10,000 steps today!</p>	<p><b>13 Good Food Collage</b> Make a "good food" for their teeth collage out of pictures from magazines. They might even want to hang them on their own refrigerator to remind them which foods</p>	<p><b>14 Hula Hoop Dance</b> Dance to your favorite song while hula hooping!</p>	<p><b>15 Positive Words</b> Say 5 positive words to describe yourself in the mirror before taking on the day!</p>	<p><b>16 Locomotion</b> Develop movement sequence consisted of at least 5 locomotor skills -run, jump, hop, skip, gallop, slide, leap, etc</p>	<p><b>17 Crawl Like a Seal</b> Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.</p>	<p><b>18 Sleep Tight</b> No TV or electronics before bed, try reading a book or do some deep breathing to relax your body.</p>
<p><b>19 Journaling</b> Before bed, take time to read a book or write something you are grateful for in a journal.</p>	<p><b>20 Dance Party</b> Pick your favorite song &amp; create your own dance with a friend or family member.</p>	<p><b>21 Hydrate</b> Drink water throughout the day. Keep a record of how many glasses you drink (aim for at least 6-8 glasses total).</p>	<p><b>22 Crazy 8's</b> 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p><b>23 Limbo</b> 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.</p>	<p><b>24 Musical Frogs</b> This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).</p>	<p><b>25 Nature Walk</b> Take walks in the park with family members.</p>
<p><b>26 A Quarter's Worth</b> How much is a quarter worth? Complete 25 of the following:</p> <ul style="list-style-type: none"> <li>Skip</li> <li>Jump</li> <li>Lift Knees</li> <li>Walk backwards</li> </ul>	<p><b>27 Crabby Clean Up</b> Tidy up while walking like a crab! Carry items on your belly across the room to put them away.</p>	<p><b>28 Meal Plan</b> Create a healthy meal plan for the week.</p>	<p><b>29 Walk Race</b> Challenge a friend to a walking race!</p>	<p><b>30 Set a Goal</b> Set a positive goal for the day. What would you like to accomplish today?</p>	<p><b>31 Find Your Calm</b> Find a quiet place and sit with your eyes closed. Practice breathing deeply for 2 minutes.</p>	