<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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</table>
| **National Health Observances:**  
- National Gratitude Month  
- American Diabetes Month  
- Native American Heritage Month  
- 2nd National Stress Awareness Day  
- 13th World Kindness Day | **1 Dia de los Muertos**  
Honor your relatives by taking a mindful minute and think about the things you learn from them. Click the link above to learn more about this tradition. | **2 Safe Travel Plan**  
During the holiday season be sure to have a safety plan when traveling. See this video for ideas: **Tie One On For Safety** | **3 Nature Walk**  
Go on a nature walk outdoors and set positive affirmations/mantras for the month. | **4 Four-Flexibility**  
Complete the following four flexibility exercises for 10-30 seconds each. Repeat four times each: Figure Four, Seated Figure Four, Four-way Neck, and IYTW. | **5 National Play Outside Day**  
Get fresh air today and play outside for 30 minutes. |
| **6 Backyard Games**  
Find a backyard game to play such as cornhole, ladder gold, can jam, etc and invite a friend or family member to play. | **7 National Epilepsy Awareness Month**  
Understanding Seizures during National Epilepsy Awareness Month will help you to know how to what to do in the case that your classmates experience one. | **8 10 for Tuesday**  
10X Jumping Jacks  
10X Push Ups  
10X Curl Ups  
10X Supermans  
10X Squats  
(Repeat, 2, or 3 times) | **9 American Diabetes Month**  
It is American Diabetes Month use this link to **Understand Diabetes** and those who live with it in your community. | **10 Gratitude Message**  
Send messages to people you are grateful to have in your life. | **11 Veterans Day**  
Create your own military flexibility routine for the major muscle groups and share it with a Veteran today. |
| **13 World Kindness Day**  
Write someone a letter, email or text letting them know how they inspired you. | **14 Dispositional Mindfulness**  
Pick one of these examples of dispositional mindfulness and practice it today. | **15 10 for Tuesday**  
10X Planks  
10X Squats  
10X Burpees  
10X Push Ups  
10X Lunges  
(Repeat , 2, or 3 times) | **16 Try Five**  
Try these five mindful exercises | **17 Great American Smoke out**  
Great American Smoke out  
Health Benefits of Quitting Smoking | **18 Mental Flexibility**  
Try one of these 10 mental flexibility tips today. |
| **20 Reset Sunday**  
Go the whole day without using a phone. | **21 Visualization**  
Visualize your success today when you exercise. See yourself achieving your goals! | **22 Two Tuesday**  
Find a partner and play Copycat with all fitness activities | **23 Lung Cancer Awareness Month**  
During Lung Cancer Awareness Month learn some eye opening Lung Cancer Facts | **24 National Family Health History Day**  
On Thanksgiving, take some time to Create a Family History Portrait | **25 Post-Thanksgiving workout**  
Be active for 30 minutes today and be sure to stretch when you’re done. |
| **27 Reflection**  
Find a moment of peace and reflect on the month. | **28 Gratitude in Your Attitude**  
Put Some Gratitude in Your Attitude. Try one of these 10 tips. | **29 Giving Tuesday**  
There are multiple ways to give. Use your physical ability to help someone accomplish a strenuous task. Ex: Rake leaves, Move Boxes, Walk a Dog, etc. | **30 National Healthy Skin Month**  
Here are some Skin Care Tips for National Healthy Skin Month |  |

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 Images from www.forteyoga.com  

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