<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| 1 New Year’s Day: Set a goal  
How many days can you be active in January?  
Tell a grown-up at home your goal and write it in this square. | 2 Low Lunge Pose  
Hold for 30-60 seconds, breathing deeply. Switch legs and repeat. | 3 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. | 4 Bowling!  
Set up some empty bottles or cans and try to knock them down. Can you get a strike? | 5 I’m Awesome!  
Write 3 things about yourself that you’re proud of. SEL (Self-awareness) | 6 Stay Hydrated  
Take extra time to drink eight 8oz. glasses of water today. At the end of the day, how do you feel | 7 Balloon Bounce  
Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner. |
| 8 Dance & Shake  
Put on your favorite songs and dance to get your heart moving and to have fun! | 9 Favorite activities  
Do an activity that works your muscles. Do an activity that makes you happy. Do an activity that gets you energized. | 10 Skaters  
Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds. | 11 Partner Challenge  
Sit back to back with a friend and link arms. Try to stand up without unlinking arms. | 12 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. | 13 Crabby Clean Up  
Tidy up while walking like a crab! Carry items on your belly across the room to put them away. | 14 Hands & Knees Balance Pose  
Hold for 30-60 seconds, switch sides and repeat |
| 15 Flexible Alphabet  
Can you make your body look like every letter in the alphabet? | 16 Be Inclusive  
Invite a classmate you don’t really know to join you in an activity. Martin Luther King, Jr. Day | 17 Army Crawl  
Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you’re moving under barbed wire. | 18 Crazy 8’s  
8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissors jumps | 19 Lungs are for Breathing!  
Do 30 star jumps, then do 10 push-ups. Circle which one made you breathe harder. | 20 Wake and Shake  
As soon as you get out of bed shake your body any way you like for 10-15 seconds. Are you up now? Good! Now jump up and down 10 times. | 21 Ask your family to pick an activity to help around the house, but also benefits your body (vacuuming, raking leaves, taking out garbage). What did you do? |
| 22 Thank You Dinner  
Before eating dinner, say thank you for the food in front of you. | 23 Skaters  
Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds. | 24 Sunday Prep  
Do one thing today to help prepare you for the week. Examples:  
-Pack your backpack  
-Check your homework  
-Pick out your clothes for the week | 25 Toss and catch challenge  
Find two small objects to toss and catch. Can you toss and catch them at the same time? | 26 Downward Dog  
This pose stretches your hamstrings (back of legs), calves and back. Hold for 30-60 seconds, release and repeat. | 27 Wednesday WOW  
Give a compliment. It only takes one sentence. SEL (Self-awareness) | 28 Just play!  
Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it’s up to you. |
| 29 Positive Talk  
Be sure to talk to yourself today like you would talk to someone you love. | 30 Vitamin D  
Go outside to get vitamin D today and draw what you did outside. | 31 Parachute  
With friend or family member use a bed sheet like a parachute in PE.  
Lift up and down to move air underneath the sheet. |  |  |  | |

**NATIONAL HEALTH OBSERVANCES**  
National Blood Donor Month
Yoga images from [www.forteyoga.com](https://www.forteyoga.com)

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!