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<th>SUNDAY</th>
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<th>TUESDAY</th>
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| 31 | Pick your favorite activity from this month and do it again! | National Health Observances:  
- National Nutrition Month  
Yoga pictures from [www.forteyoga.com](http://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! | 1 Play Catch  
Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body. | 2 Musical Frogs  
This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows). |
| 3 | Be creative and see how many different ways you can jump rope. Can you keep jump roping while doing all the different ways? | 4 Walking Race  
Pick a distance and challenge a friend to a speed walking race. No running! | 5 Sidewalk Chalk Balance  
Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing. | 6 Bear Walk  
With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room. | 7 Wild Arms  
As fast as you can complete:  
10 Arm Circles front & back  
10 Forward punches  
10 Raise the Roof’s Repeat 3x |
| 10 | Crazy 8’s  
8 jumping jacks  
8 leaps  
8 frog jumps  
8 vertical jumps (as high as you can)  
Repeat 3 times | Between the Knees  
Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees. | 12 Happy Baby Pose  
Straighten your legs for an added challenge. | 13 Toe Fencing  
With a partner, hold each other’s shoulders. Try to tap the other person’s toe without having yours tapped. | 14 Chest Pass  
Practice your chest passes against a brick wall. Remember to step towards your target. | 15 | 16 Catch with a Catch  
Toss a ball in the air, try each challenge before catching the ball:  
1. Touch your nose  
2. Clap twice  
3. High-five someone  
4. Spin around |
| 17 | Code Words  
While watching TV any time you hear the code words complete 10 jumping jacks.  
Code words: green, St. Patrick’s Day, lucky, leprechaun | 18 Try and sprint from one end of your street to the other. Have a family member time you. | 19 Pretend!  
Pretend to:  
- Sit in a chair for 10 seconds  
- Shoot a basketball 10 times  
- Ride a horse  
- Be a frog  
- Lift a car | 20 Commercial Stroll  
During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don’t miss a thing! | 21 Walking Race  
Pick a distance and challenge a friend to a speed walking race. No running! | 22 Dance, Dance  
Put on your favorite song or turn on the radio. Dance however you like during the entire song! | 23 Arm and Leg Tag  
A regular game of tag, but if someone touches your arm/leg you can no longer use that body part. If both legs are tagged start a new round. |
| 24 | 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. | 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. | 26 Do this:  
- Hop on one leg 30 times, switch legs  
- Take 10 giant steps  
- Walk on your knees  
- Do a silly dance  
- Sprint for 10 seconds | 27 Set the Menu  
Talk with who takes care of you about choosing the dinner menu. Pick whole grains and veggies. | 28 Vertical Jump  
Jump as high as you can for 30 seconds. Repeat. | 29 Ragdoll Pose  
Hold Ragdoll Pose for 30 seconds. Repeat. | 30 Crabby Clean Up  
Tidy up while walking like a crab! Carry items on your belly across the room to put them away. |