<table>
<thead>
<tr>
<th>National Health Observances:</th>
<th>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 <a href="http://www.forteyoga.com">www.forteyoga.com</a></th>
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</table>
| Extra Halloween candy? | 1 A Gratitude Attitude  
- Write down something you’re thankful for and why.  
2 Jumping Beans  
- Be creative and see how many different ways you can jump rope. Teach a friend.  
3 Self-Care Sunday  
- Make time to do something you really like today.  
4 Jump rope to music!  
- Can you jump to an entire song without stopping?  
5 Cow Pose  
- On all fours arch your back with your head looking up while your tummy is pushed toward the ground.  
6 Scavenger Hunt  
- Split into two teams; make a list of 20 things related to winter and race to see which team can find them first.  
7 Music Break  
- Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished?  
8 Crawl Like a Seal  
- Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.  
9 Cat Pose  
- On all fours round your back pulling your spine towards the ceiling while looking at the ground.  
10 Carioca  
- Move with your shoulders facing forward. Say to yourself: Side, front, side, back.  
11 Pause for Thanks  
- Stop during the middle of a busy activity to name 5 things you are thankful for.  
12 Positive Talk Tuesday  
- Be sure to talk to yourself today like you would talk to someone you love.  
13 Leave a Note  
- Leave a nice note for someone to find today. Examples:  
- You have a nice smile. Thank you for being a good friend.  
- You’re fun to play with.  
14 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.  
15 Create a Game  
- Use your imagination and make up a game using a ball, a sock, and a jump rope.  
16 Nighttime Note  
- Empty your mind before you go to bed by writing a note about what you’re thinking and leave it for tomorrow.  
17 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.  
18 Cow-Cat Pose  
- Try your cow and cat yoga poses together.  
19 Bicycles  
- Lie on your back and move your legs like you’re riding a bicycle to strengthen your stomach muscles.  
20 Just play!  
- Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it’s up to you!  
21 Freeze Dance  
- Have someone start and stop music. When the music is on dance, when it’s off strike a crazy pose.  
22 Mindful Minute  
- For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back.  
23 Clap and Catch  
- Throw a soft object up into the air. See how many times you can clap before you catch it.  
24 Make Shift Bowling  
- Set up 10 targets like bowling pins and practice your bowling skills. Can you get a strike? A spare?  
25 Rock Paper Scissors Tag  
- Meet in the middle, shoot, winner chases the loser back to safe zone. If you are tagged, join the other team.  
26 Positive Talk Tuesday  
- Be sure to talk to yourself today like you would talk to someone you love.  
27 Band Aid Tag  
- When you get tagged you place your hand on the spot you got tagged. Three tags and you go to the hospital (sideline) to get fixed.  
28 Shoulder Shrigs  
- Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.  
29 Crab Walk  
- Try crab walking around your living room. Gather family members or friends and have a race.  
30 Walking  
- Practice walking at different paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions.  

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