

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Health Observances: <ul style="list-style-type: none"> National Gratitude Month American Diabetes Month Lung Cancer Awareness Month 13th World Kindness Day Yoga Images from 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. Extra Halloween candy? <ul style="list-style-type: none"> -Check out Operation Gratitude to send a package to troops -Participate in a local candy "buy back" 		1 A Gratitude Attitude Write down something you're thankful for and why.		2 Balance Stand on your right leg and lift your left knee at a 90-degree angle. Touch your toe without falling repeat 10 times then switch sides.
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 Card Fitness Take a deck of cards, flip the top card. Complete exercises based on the suit & number on the card. Face cards are worth 15. <ul style="list-style-type: none"> ♠- jumping jacks ♣- squats ♥- mountain climbers ♦- Your choice 	7 Music Break Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished?	8 Leg Day 20 squats 20 walking lunges 20 high knees	9 Cat Pose On all fours round your back pulling you spine towards the ceiling while looking at the ground. 
10 Shuffle Squat Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.	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: <ul style="list-style-type: none"> -You have a nice smile -Thank you for being a good friend. -You're fun to play with World Kindness Day	14 Balloon Tennis Blow up a balloon and with a partner hit the balloon back & forth. Use forehand and backhand	15 Jump rope to music! Can you jump to an entire song without stopping?	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: <ul style="list-style-type: none"> -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 Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!	20 Just play! Hide-and-see, tag, hopscotch, hula hoop, pogo stick, it's up to you!	21 Jump rope as fast as you can for one minute, then rest for 1 minute. Repeat 6-8 times.	22 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.	23 Clap and Catch Throw a soft object up into the air. See how many times you can clap before you catch it.
24 Leg Day 20 squats 20 walking lunges 20 high knees	25 Shuttle Run Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time.	26 Positive Talk Tuesday Be sure to talk to yourself today like you would talk to someone you love.	27 Jump! 10 vertical jumps 10 broad jumps 10 side-to-side jumps	28 Shoulder Shrugs Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.	29 Jump rope as fast as you can for one minute, then rest for 1 minute. Repeat 6-8 times.	30 Walking Practice walking at different paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions