

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>National Health Observances:</p> <ul style="list-style-type: none"> Emotional Wellness Month National Bullying Prevention Month National Depression Education & Awareness Month Positive Attitude Month 5th - National Do Something Nice Day 10th - World Mental Health Day 20th - National Youth Confidence Day <p>Yoga Images from www.forteyoga.com</p>		<p>1 Reverse Tag</p> <p>All the other players count to 10 and try to tag the "it" person! Whoever tags the "it" person becomes the "it" for the next round.</p>	<p>2 Mindful Minute</p> <p>For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p>3 Line Jumps</p> <p>Find a line on the ground and jump from side to side 10 times. Rest 10 second repeat.</p>	<p>4 Catch with a Catch</p> <p>Toss a ball in the air, try each challenge before catching the ball:</p> <ol style="list-style-type: none"> 1. Touch your nose 2. Clap twice 3. High-five someone 4. Spin around 	<p>5 Compliment Someone</p> <p>Today give someone a genuine compliment. Examples:</p> <ul style="list-style-type: none"> -I like your hairstyle today. -I like how you're helpful. <p>National Do Something Nice Day!</p>
<p>6 Upward Crescent Moon Pose</p> <p>This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat.</p> 	<p>7 Mindful Senses</p> <p>What do you notice around you? Find: 5 things you see 4 things you feel 3 things you hear 2 things smell 1 thing you taste</p>	<p>8 Walk and Talk</p> <p>Take a walk with your parents or an adult who takes care of you about what to do if you are bullied or see someone being bullied.</p>	<p>9 I'm Awesome!</p> <p>Write down three things about yourself you're proud of.</p>	<p>10 Read & Move</p> <p>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.</p> <p>World Mental Health Day</p>	<p>11 Recharge</p> <p>Avoid using technology two hours before bed. Did you sleep better?</p>	<p>12 Revolved Triangle Pose</p> <p>Hold for 30-60 seconds on each side to target hamstrings and shoulders.</p> 
<p>13 Animal Charades</p> <p>Try moving around like these animals: Chicken, snake, horse, dog. Try without making noises to see if someone can guess!</p>	<p>14 Mindful Minute</p> <p>For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p>15 Walking Race</p> <p>Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p>16 Side Seated Angle Pose</p> <p>Hold for 30-60 seconds on each side to target the hamstrings and calves.</p> 	<p>17 Parachute</p> <p>With friend or family member use a bed sheet like a parachute in PE. Lift up and down to move air underneath the sheet.</p>	<p>18 Mindful Snack</p> <p>When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you're eating. What do you notice?</p>	<p>19 Just play!</p> <p>Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</p>
<p>20 Positive Talk Sunday</p> <p>Be sure to talk to yourself today like you would talk to someone you love.</p> <p>National Youth Confidence Day</p>	<p>21 Yoga Combo</p> <p>Try all of the poses from this month back-to-back. End with Savasana from last month.</p>	<p>22 Tuesday Prep</p> <p>Do one thing today to help prepare you for tomorrow. Examples:</p> <ul style="list-style-type: none"> -Pack your bookbag -Check your homework -Pick out your clothes 	<p>23 Create a Dance</p> <p>Make up a dance to your favorite song. Be sure to include a jump, a slide and a spin.</p>	<p>24 Compliment Someone</p> <p>Today give someone a genuine compliment. Examples:</p> <ul style="list-style-type: none"> -I like your hairstyle today. -I like how you're helpful. 	<p>25 Clap and Catch</p> <p>Throw a ball or soft object up into the air. See how many times you can clap before you catch it</p>	<p>26 Device Detox</p> <p>Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours.</p>
<p>27 Underhand Toss Target Practice</p> <p>Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back.</p>	<p>28 Side Seated Angle Pose</p> <p>Hold for 30-60 seconds on each side to target the hamstrings and calves</p> 	<p>29 Crabby Clean Up</p> <p>Tidy up while walking like a crab! Carry items on your belly across the room to put them away.</p>	<p>30 Be Inclusive</p> <p>Invite a classmate you don't really know to join you in an activity.</p>	<p>31 Attached at the Hip</p> <p>Place a ball between you & partner's hips. Try to walk across the room without letting the ball drop.</p>	<p>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!</p>	