## SUNDAY
### National Health Observances:
- 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

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## MONDAY
### 6 Upward Crescent Moon Pose
This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat.

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### 7 Mindful Senses
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

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## TUESDAY
### 1 Reverse Tag
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.

### 2 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.

### 3 Line Jumps
Find a line on the ground and jump from side to side 10 times. Rest 10 second repeat.

### 4 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

### 5 Compliment Someone
Today give someone a genuine compliment. Examples:
- I like your hairstyle today.
- I like how you’re helpful.

## WEDNESDAY
### 10 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. World Mental Health Day

## THURSDAY
### 19 Just play!
Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it’s up to you!

## FRIDAY
### 8 Walk and Talk
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.

### 9 I’m Awesome!
Write down three things about yourself you’re proud of.

### 10 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. World Mental Health Day

### 11 Recharge
Avoid using technology two hours before bed. Did you sleep better?

### 12 Revolved Triangle Pose
Hold for 30-60 seconds on each side to target hamstrings and shoulders.

### 13 Animal Charades
Try moving around like these animals:
- Chicken, snake, horse, dog. Try without making noises to see if someone can guess!

## SATURDAY
### 24 Compliment Someone
Today give someone a genuine compliment. Examples:
- I like your hairstyle today.
- I like how you’re helpful.

### 25 Clap and Catch
Throw a ball or soft object up into the air. See how many times you can clap before you catch it

## General
**Yoga Images from [www.forteyoga.com](http://www.forteyoga.com)**

**.detachable stretches that help reduce soreness and avoid injury. Happy exercising!**

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**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!**