<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| **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  
Yoga Images from [www.forteyoga.com](http://www.forteyoga.com) |
| 1 **Over-And-Under**  
With your back to your partner, stand about a foot apart. One person will start with the medicine ball (or any ball), Pass the ball to your partner through your legs then extend your arms up to retrieve it. |
| 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 **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  
| 5 **Compliment Someone**  
Today give someone a genuine compliment. Examples:  
- I like your hairstyle today.  
- I like how you’re helpful.  
National Do Something Nice Day! |
| 6 **Upward Crescent Moon Pose**  
This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat.  
| 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  
| 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 **Leg Day**  
20 forward lunges (each leg)  
40 squats  
40 calf raises  
1 minute wall sit  
Revolved Triangle Pose  
for 60s each side  
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 **Balloon Tennis**  
Blow up a balloon and with a partner hit the balloon back & forth. Use forehand and backhand |
| 14 **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. |
| 15 **Walk and Think**  
How would you feel if a friend was being bullied? Walk for 10 minutes thinking about ways you could help a person who is being bullied. |
| 16 **Side Seated Angle Pose**  
Hold for 30-60 seconds on each side to target the hamstrings and calves. |
| 17 **Planks with Push-Ups**  
Hold a plank for 10 seconds, followed by 2 push-ups. Try to complete 6 reps without rest. |
| 18 **Mindful Snack**  
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?  
| 19 **Core Challenge**  
Plank 10 seconds  
10 crunches  
10 sit ups  
Repeat 5 times with no rest! |
| 20 **Positive Talk Sunday**  
Be sure to talk to yourself today like you would talk to someone you love.  
National Youth Confidence Day  
| 21 **Yoga Combo**  
Try all of the poses from this month back-to-back. End with Savasana from last month. |
| 22 **Tuesday Prep**  
Do one thing today to help prepare you for tomorrow. Examples:  
- Pack your bookbag  
- Check your homework  
- Pick out your clothes  
| 23 **Cardio and Stretch**  
Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Revolved Triangle pose. |
| 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  
| 26 **Device Detox**  
Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours. |

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!