## September 2019
### Elementary Mind & Body Calendar

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
</table>
| **1** Savasana  
Yoga is a great way to relieve stress.  
Try Savasana, considered to be the hardest yoga pose!  
Fully relax & clear your mind. |
| **2** Hands & Knees  
Balance Pose  
Hold for 30-60 seconds, switch sides and repeat. |
| **3** Parachute  
With friend or family member use a bed sheet like a parachute in PE.  
Lift up and down to move air underneath the sheet. |
| **4** Compliment Someone  
Today give someone a genuine compliment.  
Examples:  
1. I like your hairstyle today!  
2. I like how you’re helping. |
| **5** 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. |
| **6** Stay Hydrated  
Take extra time to drink eight 8oz. glasses of water today.  
At the end of the day, how do you feel? |
| **7** Device Detox  
Can you go without your phone, tablet, TV or internet?  
Try to go device free for 2 hours. |
| **8** Commercial Stroll  
During a commercial break take a walk around your entire house.  
Still a commercial?  Go again this time speed walking so you don’t miss a thing! |
| **9** Thank You Dinner  
Before eating dinner, say thank you for the food in front of you. |
| **10** 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. |
| **11** High Knees & Stretch  
High knees for 30 seconds then stretch a body part.  
Repeat stretching a new body part each time. |
| **12** Sugarcane Pose  
Hold Sugarcane Pose for 30 seconds on each side. |
| **13** Star Gazing  
Sit outside with an adult when it’s dark and look up at the sky.  
What do you notice?  How many stars can you see?  
What noises do you hear?  Do you smell anything? |
| **14** Partner Challenge  
Sit back to back with a friend and link arms.  
Try to stand up without unlinking arms. |
| **15** Happy Baby Pose  
Straighten your legs for an added challenge. |
| **16** A Gratitude Attitude  
Write down something you’re thankful for and why. |
| **17** Walking Race  
Pick a distance and challenge a friend to a speed walking race.  
No running! |
| **18** Nighttime Note  
Empty your mind before you go to bed by writing a note about what you're thinking and leave it for tomorrow. |
| **19** Do this:  
-Hop on one leg 30 times, switch legs  
-Take 10 giant steps  
-Walk with your knees  
-Do a silly dance  
-Sprint for 10 seconds |
| **20** Before Bed Breathing  
While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe. |
| **21** Crazy 8’s  
-8 jumping jacks  
-8 silly shakes (just shake as silly as you can)  
-8 high knees  
-8 scissor jumps |
| **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** Wake and Shake  
As soon as you get out of bed shake your body any way you like for 10 seconds.  
Are you up now?  
Good!  
Now jump up and down 10 times. |
| **24** Cardio & Yoga  
Do a cardiovascular exercise(s) of your choice for 5-10 minutes then try all three yoga poses holding each pose for 30-60 seconds before switching. |
| **25** Pause for Thanks  
Stop during the middle of a busy activity to name 5 things you are thankful for. |
| **26** Music Break  
Put on your favorite song, lay down, close your eyes.  
How do you feel after the song is finished? |
| **27** Low Lunge Pose  
Hold for 30-60 seconds, breathing deeply.  
Switch legs and repeat. |
| **28** Device Detox  
Can you go without your phone, tablet, TV or internet?  
Try to go device free for 2 hours. |
| **29** Sunday Prep  
Do one thing today to help prepare you for the week.  
Examples:  
- Pack your bookbag  
- Check your homework  
- Pack your lunch  
- Pick out your clothes for the week |
| **30** Dance, Dance  
Put on your favorite song or turn on the radio.  
Dance however you like during the entire song! |

### National Health Observances:
- National Courtesy Month
- National Self-Care Awareness Month
- National Suicide Prevention Month
- Fruit and Veggies – More Matters Month
- National Childhood Obesity Awareness Month
- National Yoga Awareness Month

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!

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