### February 2020
Elementary Mind & Body Calendar

#### National Health Observances:
- American Heart Month
- National Children’s Dental Health Month
- Teen Dating Violence Awareness Month
- Random Acts of Kindness Week – 16th – 22nd
- Random Acts of Kindness Day – 17th

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!

#### Yoga pictures from [www.forteyoga.com](http://www.forteyoga.com)

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<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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<td><strong>2 Yogi Squat Pose</strong>&lt;br&gt;Hold for 30 seconds rest and repeat.</td>
<td><strong>3 Limbo</strong>&lt;br&gt;Grab a broom stick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?</td>
<td><strong>4 Boat Pose</strong>&lt;br&gt;Hold Boat Pose three times for 15 seconds.</td>
<td><strong>5 Toe Fencing</strong>&lt;br&gt;With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</td>
<td><strong>6 A Quarter's Worth</strong>&lt;br&gt;How much is a quarter worth? Complete 25 of the following:&lt;br&gt;- Skip&lt;br&gt;- Jump&lt;br&gt;- Lilt Knees&lt;br&gt;- Walk backwards</td>
<td><strong>7</strong>&lt;br&gt;Along the sidewalks alternate between skipping, speed walking, and jogging.</td>
<td><strong>1 Musical Frogs</strong>&lt;br&gt;This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).</td>
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<td><strong>9 I, Spy Walk</strong>&lt;br&gt;Go for a walk with your family while playing a game of I, Spy.</td>
<td><strong>10 Crawl Like a Seal</strong>&lt;br&gt;Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.</td>
<td><strong>11</strong>&lt;br&gt;Put your favorite song on and make up a dance or fitness routine!</td>
<td><strong>12 Set the Menu</strong>&lt;br&gt;Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.</td>
<td><strong>13 Yogi Squat Pose</strong>&lt;br&gt;Hold for 30 seconds rest and repeat.</td>
<td><strong>14 Star Jumps</strong>&lt;br&gt;Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</td>
<td><strong>8 Fish Pose</strong>&lt;br&gt;Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.</td>
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<td><strong>16 Leave a Note</strong>&lt;br&gt;Leave a nice note for someone to find today. Examples:&lt;br&gt;- You have a nice smile&lt;br&gt;- Thank you for being a good friend&lt;br&gt;- You’re fun to play with.</td>
<td><strong>17 Random Act of Kindness Day</strong>&lt;br&gt;Do an act of kindness for someone &amp; encourage them to pay it forward.</td>
<td><strong>18 Be Inclusive</strong>&lt;br&gt;Invite a classmate you don’t really know to join you in an activity.</td>
<td><strong>19 You First</strong>&lt;br&gt;Let someone go down the slide first.</td>
<td><strong>20 Dance with Me</strong>&lt;br&gt;Put your favorite song on and invite a friend or family member to join in on the dancing.</td>
<td><strong>21 Compliment Someone</strong>&lt;br&gt;Today give someone a genuine compliment. Examples:&lt;br&gt;- I like how you're helpful&lt;br&gt;- I like your hairstyle today&lt;br&gt;- I like how you're helpful.</td>
<td><strong>22 Double Duty</strong>&lt;br&gt;Go for a walk with a parent/guardian and bring a plastic bag. Pick up paper or trash you see along your walk.</td>
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<td><strong>23 Wild Arms</strong>&lt;br&gt;As fast as you can complete:&lt;br&gt;- 10 Arm Circles front &amp; back&lt;br&gt;- 10 Forward punches&lt;br&gt;- 10 Raise the Roof’s Repeat 3x</td>
<td><strong>24 Crane Pose</strong>&lt;br&gt;Here’s a challenge! Put your hands on the ground, lean forward &amp; balance your knees on your elbows.</td>
<td><strong>25 Bear Walk</strong>&lt;br&gt;With your bottom in the air, step forward with your right hand &amp; step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.</td>
<td><strong>26 4 Walls</strong>&lt;br&gt;Face each wall in a room and do a different exercise for 30 seconds:&lt;br&gt;- side shuffle&lt;br&gt;- grapevine to left then right&lt;br&gt;- wide stance punches&lt;br&gt;- vertical jumps</td>
<td><strong>27 Downward Dog</strong>&lt;br&gt;Hold three times for 20 seconds. Try lifting one leg for an even greater challenge!</td>
<td><strong>28 Read &amp; Move</strong>&lt;br&gt;Grab 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.</td>
<td><strong>29 Play Catch</strong>&lt;br&gt;Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</td>
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#### RANDOM ACTS OF KINDNESS WEEK

- Leave a note for someone to find today.
- Be inclusive.
- You First.
- Dance with me.
- Compliment someone.
- Double duty.
- Wild Arms.
- Yogi squat pose.
- Fish pose.
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- Be inclusive.
- You First.
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