**February 2020**  
**Secondary Mind & Body Calendar**

### SUNDAY

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

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

### MONDAY

**2 Yogi Squat Pose**  
Hold for 30 seconds rest and repeat.

**3 Handstands**  
Practice your Hand stands today! How long can you hold them? If you’re having trouble start against a wall.

**4 Boat Pose**  
Hold Boat Pose three times for 15 seconds.

**5 Tabata**  
Jump squats 20 seconds of work 10 seconds of rest 8 rounds

**6 Jab, Jab, Cross**  
Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.

**7 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.

**8 Fish Pose**  
Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.

### TUESDAY

**9 Shuffle Squat**  
Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.

**10 Exercise DVD**  
Get an exercise DVD or find one on the internet and do it with the whole family.

**11 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.

**12 Set the Menu**  
Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.

**13 Yogi Squat Pose**  
Hold for 30 seconds rest and repeat..

**14 Star Jumps**  
Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.

**15 How long can you go?**  
On a treadmill or outside test your cardio endurance and see how long you can run without stopping. Stretch when done.

### WEDNESDAY

**16 Leave a Note**  
Leave a nice note for someone to find today. Examples:  
- You have a nice smile  
- Thank you for being a good friend  
- You’re fun to play with.

**17 Random Act of Kindness Day**  
Do an act of kindness for someone & encourage them to pay it forward.

**18 Post it!**  
Leave a positive sticky note somewhere in school for a classmate to find.

**19 Help Someone**  
Help someone carry something heavy, open a door or offer to help a teacher with a task.

**20 Cellphones Down**  
When in class or having a conversation with someone don’t look at your phone (and earn bonus points with parents! :])

**21 Compliment Someone**  
Today give someone a genuine compliment. Example:  
- I think you have a good sense of humor.

**22 Double Duty**  
Go for a walk with a parent/guardian or friends and bring a plastic bag. Pick up paper or trash you see along your walk.

### THURSDAY

**23 Mindful Minute**  
For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back.

**24 Bridge Pose**  
Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.

**25 Core Challenge**  
Plank 10 seconds 10 crunches 10 sit ups  
Repeat 5 times with no rest!

**26 Jump, Jump**  
Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.

**27 Put your favorite song on and make up a dance or fitness routine!**

**28 Hit the Track**  
Sprint the straights on the track and walk the curves; do this for 10 laps. Bring some music to motivate you!

**29 Downward Dog**  
Hold three times for 20 seconds. Try lifting one leg for an even greater challenge!

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