# February 2020
## Secondary 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>
</tr>
</thead>
</table>
| 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) | 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! |  |  |  |  | 1 Try and sprint from one end of your street to the other. Have a family member time you. |
| ![Yogi Squat Pose](image)  
2 Yogi Squat Pose  
Hold for 30 seconds rest and repeat. | ![Handstands](image)  
3 Handstands  
Practice your Hand stands today! How long can you hold them? If you’re having trouble start against a wall. | ![Boat Pose](image)  
4 Boat Pose  
Hold Boat Pose three times for 15 seconds. | ![Tabata](image)  
5 Tabata  
Jump squats 20 seconds of work 10 seconds of rest 8 rounds | ![Jab, Jab, Cross](image)  
6 Jab, Jab, Cross  
Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides. | ![Mindful Minute](image)  
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. |  |
| ![Shuffle Squat](image)  
9 Shuffle Squat  
Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat. | ![Exercise DVD](image)  
10 Exercise DVD  
Get an exercise DVD or find one on the internet and do it with the whole family. | ![Mindful Minute](image)  
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. | ![Set the Menu](image)  
12 Set the Menu  
Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy. | ![Yogi Squat Pose](image)  
13 Yogi Squat Pose  
Hold for 30 seconds rest and repeat. | ![Star Jumps](image)  
14 Star Jumps  
Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat. | 2 Fish Pose  
Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds. |
| ![Bridge Pose](image)  
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. | ![Random Act of Kindness Day](image)  
17 Random Act of Kindness Day  
Do an act of kindness for someone & encourage them to pay it forward. | ![Post it!](image)  
18 Post it!  
Leave a positive sticky note somewhere in school for a classmate to find. | ![Help Someone](image)  
19 Help Someone  
Help someone carry something heavy, open a door or offer to help a teacher with a task. | ![Cellphones Down](image)  
20 Cellphones Down  
When in class or having a conversation with someone don’t look at your phone (and earn bonus points with parents! Jk) | 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. |
| ![Mindful Minute](image)  
23 Mindful Minute  
For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back | ![Bridge Pose](image)  
24 Bridge Pose  
Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky. | ![Core Challenge](image)  
25 Core Challenge  
Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest! | ![Jump, Jump](image)  
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. | ![Put your favorite song on](image)  
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! |

---

Try and sprint from one end of your street to the other. Have a family member time you.

Visit [SHAPEAmerica.org](http://SHAPEAmerica.org) for more information on National Health Observances and [Activity Calendars](https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx).

Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)