

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Health Observances: <ul style="list-style-type: none"> 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		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.
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. 
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.
RANDOM ACTS OF KINDNESS WEEK						
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! 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.
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! 