

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NATIONAL HEALTH OBSERVANCES</b> National Blood Donor Month  Yoga images from <a href="http://www.forteyoga.com">www.forteyoga.com</a>		<b>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!</b>	<b>1 Code Words</b> While watching TV any time you hear the code word complete 10 jumping jacks. <u>Code word:</u> new year	<b>2 Read &amp; Move</b> 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.	<b>3 Before Bed Breathing</b> While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.	<b>4 Pretend to:</b> -Sit in a chair for 10 seconds -Shoot a basketball 10 times - Ride a horse -Be a frog -Lift a car
<b>5 Commercial Stroll</b> 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!	<b>6 Stay Hydrated</b> Take extra time to drink eight 8oz. glasses of water today. At the end of the day, how do you feel?	<b>7 Balloon Bounce</b> Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner.	<b>8 Mindful Minute</b> For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	<b>9 Play Simon Says</b> Someone is "Simon" and everyone else has to do what Simon says, but only when he/she says "Simon says" first.	<b>10 Skaters</b> Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds.	<b>11 Partner Challenge</b> Sit back to back with a friend and link arms. Try to stand up without unlinking arms.
<b>12 Seated Forward Bend Pose</b> Hold for 1-3 minutes  breathing deeply going deeper into the pose. Rest if need	<b>13 Crabby Clean Up</b> Tidy up while walking like a crab! Carry items on your belly across the room to put them away.	<b>14 Hands &amp; Knees Balance Pose</b> Hold for 30-60 seconds, switch sides and repeat. 	<b>15 Flexible Alphabet</b> Can you make your body look like every letter in the alphabet?	<b>16 Army Crawl</b> Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.	<b>17 Be Inclusive</b> Invite a classmate you don't really know to join you in an activity.	<b>18 Crazy 8's</b> 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps
<b>19 19 Sunday Prep</b> Do one thing today to help prepare you for the week. Examples: -Pack your backpack -Check your homework -Pick out your clothes for the week	<b>20 Wake and Shake</b> 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.	<b>21 Positive Talk Tuesday</b> Be sure to talk to yourself today like you would talk to someone you love.	<b>22 Thank You Dinner</b> Before eating dinner, say thank you for the food in front of you.	<b>23 Skaters</b> Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds.	<b>24 Low Lunge Pose</b> Hold for 30-60 seconds, breathing deeply. Switch legs and repeat. 	<b>25 Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.
<b>26 Paper Plate Planks</b> In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest	<b>27 Music Break</b> Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished?	<b>28 Tea Cup Tip-ups</b> Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.	<b>29 Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	<b>30 Mindful Minute</b> For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	<b>31 Parachute</b> With friend or family member use a bed sheet like a parachute in PE. Lift up and down to move air underneath the sheet.	