### January 2020

**Secondary Mind & Body Calendar**

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<th>SUNDAY</th>
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| **NATIONAL HEALTH OBSERVANCES**  
National Blood Donor Month  
Yoga images 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 Code Words**  
While watching TV any time you hear the code word complete 10 jumping jacks.  
*Code word:* new year | **2 Balance**  
Stand on your right leg and lift your left knee at a 90-degree angle. Touch your toe without falling repeat 10 times then switch sides. | **3 Before Bed Breathing**  
While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe. | **4 4 for 10**  
10 frog jumps  
10 sit-ups  
10 push-ups  
10 second superman hold |  |
| **5 Stay Hydrated**  
Take extra time to drink eight 8oz. glasses of water today. At the end of the day, how do you feel? | **6 Commercial Planks**  
Can you plank during an entire commercial break? | **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. |  |  |  |
| **12 Seated Forward Bend Pose**  
Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if needed | **13 Exercise DVD**  
Get an exercise DVD or find one on the internet and do it with the whole family. | **14 Hands & Knees Balance Pose**  
Hold for 30-60 seconds, switch sides and repeat. | **15 Recharge**  
Avoid using technology two hours before bed. Did you sleep better? |  |  |
| **19 Sunday Prep**  
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 | **20 Mummy Kicks**  
Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right. | **21 Cardio & Yoga**  
Do a cardiovascular exercise(s) of your choice for 5-10 minutes then try all three yoga poses holding each pose for 30-60 seconds before switching. | **22 Declutter**  
Clean up your locker, desk or room. Having an organized space can make you feel better. |  |  |
| **26 Paper Plate Planks**  
In plank position with paper plates under your feet. Complete 30s each:  
- mountain climbers  
- in and out feet  
- knees to chest | **27 Music Break**  
Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished? | **28 Tea Cup Tip-ups**  
Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees. | **29 Star Jumps**  
Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat. |  |  |
| **30 Shoulder Shrugs**  
Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times. | **31 Jump rope as fast as you can for one minute, then rest for 1 minute.**  
Repeat 6-8 times |  |  |  |  |