# January 2020
## Secondary Mind & Body Calendar

<table>
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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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</table>
| **NATIONAL HEALTH OBSERVANCES**
National Blood Donor Month
Yoga images from [www.forteyoga.com](https://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! |
| **Code Words**
While watching TV any time you hear the code word complete 10 jumping jacks. **Code word:** new year |
| **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. |
| **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. |
| **5 Stay Hydrated**
Take extra time to drink eight 8oz. glasses of water today. At the end of the day, how do you feel? |
| **Commercial Planks**
Can you plank during an entire commercial break? |
| **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. |
| **Shuttle Run**
Pick a starting point and run to the end of the room. After the shuttle run is finished, find one on the internet. |
| **4 4 for 10**
10 frog jumps
10 sit-ups
10 push-ups
10 second superman hold |
| **6 Commercial Planks**
Can you plank during an entire commercial break? |
| **Exercise DVD**
Get an exercise DVD or find one on the internet and do it with the whole family. |
| **Hands & Knees Balance Pose**
Hold for 30-60 seconds, switch sides and repeat. |
| **Skaters**
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. |
| **12 Seated Forward Bend Pose**
Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if needed |
| **Exercise DVD**
Get an exercise DVD or find one on the internet and do it with the whole family. |
| **Declutter**
Clean up your locker, desk or room. Having an organized space can make you feel better. |
| **Step Jumps**
Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to. |
| **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 |
| **Mummy Kicks**
Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right. |
| **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. |
| **Army Crawl**
Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you’re moving under barbed wire. |
| **11 Partner Challenge**
Sit back to back with a friend and link arms. Try to stand up without unlinking arms. |
| **20 Paper Plate Planks**
In plank position with paper plates under your feet. Complete 30s each:
- mountain climbers
- in and out feet
- knees to chest |
| **Music Break**
Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished? |
| **Tea Cup Tip-ups**
Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees. |
| **25 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. |
| **26 Tea Cup Tip-ups**
Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees. |
| **27 Star Jumps**
Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat. |
| **28 Shoulder Shrugs**
Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times. |
| **21 Music Break**
Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished? |
| **Declutter**
Clean up your locker, desk or room. Having an organized space can make you feel better. |
| **24 Low Lunge Pose**
Hold for 30-60 seconds, breathing deeply. Switch legs and repeat. |
| **29 Low Lunge Pose**
Hold for 30-60 seconds, breathing deeply. Switch legs and repeat. |
| **22 Declutter**
Clean up your locker, desk or room. Having an organized space can make you feel better. |
| **24 Low Lunge Pose**
Hold for 30-60 seconds, breathing deeply. Switch legs and repeat. |
| **23 Core Challenge**
Plank 10 seconds
10 crunches
10 sit ups
Repeat 5 times with no rest! |
| **25 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. |

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