### May 2020
#### Elementary Mind & Body Calendar

#### National Observances
- May 1-7: National Physical Education and Sport Week
- May 4th: Star Wars Day
- May 5th: Cinco de Mayo
- May 6th: National Nurses Day
- May 10th: Mother’s Day

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<th>Sunday</th>
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| **3 How Fast Can You Go?**  
Pick a distance and see how fast you can run the distance. | **4 Star Jumps**  
Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat. | **5 Celebrate**  
Put your favorite song on and make up a dance or fitness routine! | **6 A Gratitude Attitude**  
Write down something you’re thankful for and why. | **7 Inchworms**  
Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up. | **8 Teacup Tip-ups**  
Place your hands on the ground and gently touch your forehead to the up and down of your belly as you breathe. | **9 Musical Frogs**  
This game is just like musical chairs except players hop around like frogs and sit on lilypads (pillows). |
| **10 Positive Talk**  
Be sure to talk to yourself today like you would talk to someone you love. | **11 Yoga**  
Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind. | **12 Wild Arms**  
As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x. | **13 Mindful Senses**  
What do you notice around you? First: 5 things you see 4 things you feel 3 things you hear 2 things smell 1 thing you taste | **14 Crawl Like a Seal**  
Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight. | **15 Rock Paper Scissors Tag**  
Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team. | **16 Family Mindful Snacking**  
When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you’re eating. What do you notice? |
| **17 Rock Paper Scissors Tag**  
Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team. | **18 Chair Pose**  
Hold for 30 seconds, relax then repeat. | **19 Paper Plate Planks**  
In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest | **20 Commercial Break**  
Can you hold a plank for an entire TV commercial break? | **21 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. | **22 Positive Talk**  
Be sure to talk to yourself today like you would talk to someone you love. | **23 Play Catch**  
Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body. |
| **24 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. | **25 Crane Pose**  
Here’s a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows. | **26 Step Jumps**  
Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to. | **27 A Gratitude Attitude**  
Write down something you’re thankful for and why. | **28 Wake and Shake**  
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. | **29 Walls**  
Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps | **30 How Fast Can You Go?**  
Pick a distance and see how fast you can run the distance. |
| **31 Wild Arms**  
As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x | | | 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! | | | |

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