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

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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td><strong>National Observances</strong></td>
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#### Day 3: How Fast Can You Go?
Pick a distance and see how fast you can run the distance.

#### Day 4: Star Jumps
Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.

#### Day 5: Celebrate
Put your favorite song on and make up a dance or fitness routine!

#### Day 6: A Gratitude Attitude
Write down something you’re thankful for and why.

#### Day 7: Inchworms
Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up.

#### Day 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.

#### Day 9: Positive Talk
Be sure to talk to yourself today like you would talk to someone you love.

#### Day 10: Yoga
Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind.

#### Day 11: Wild Arms
As fast as you can complete: 10 Arm Circles front & back
10 Forward punches
10 Raise the Roof’s
Repeat 3x

#### Day 12: Mindful Senses
What do you notice around you? Find: 5 things you see, 4 things you feel, 3 things you hear, 2 things smell, 1 thing you taste.

#### Day 13: 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.

#### Day 14: Rock Paper Scissors Tag
Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.

#### Day 15: Rock Paper Scissors Tag
Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.

#### Day 16: Rock Paper Scissors Tag
Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.

#### Day 17: Chair Pose
Hold for 30 seconds, relax then repeat.

#### Day 18: Paper Plate Planks
In plank position with paper plates under your feet. Complete 30s each:
- mountain climbers
- in and out feet
- knees to chest

#### Day 19: Commercial Break
Can you hold a plank for an entire commercial break?

#### Day 20: 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.

#### Day 21: Positive Talk
Be sure to talk to yourself today like you would talk to someone you love.

#### Day 22: 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.

#### Day 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.

#### Day 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.

#### Day 25: Crane Pose
Here’s a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows.

#### Day 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.

#### Day 27: A Gratitude Attitude
Write down something you’re thankful for and why.

#### Day 28: Wake and Shake
As soon as you get up 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.

#### Day 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

#### Day 30: How Fast Can You Go?
Pick a distance and see how fast you can run the distance.

#### 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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