### 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

### Mindful Snack
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?

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

### Celebrate
Put your favorite song on and make up a dance or fitness routine.

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

### Tabata
Jump squats 20 seconds of work 10 seconds of rest 8 rounds

### Before Bed Breathing
While lying in bed, place your hands on your stomach and pay attention to the rise and down of your belly as you breathe.

### Dribble Challenge
Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?

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

### Fish Pose
Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.

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

### Mindful Senses
What do you notice around you?
- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things smell
- 1 thing you taste

### Jump rope to music!
Can you jump to an entire song without stopping?

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

### Slide, Slide, Sprint
Slide to your left for 10 steps then face forward and sprint for 10 seconds.

### Tabata
Tuck Jumps
20 seconds of work
10 seconds of rest 8 rounds

### Commercial Break
Can you hold a plank for an entire TV commercial break?

### Nighttime Note
Empty your mind before you go to bed by writing a note about what you’re thinking and leave it for tomorrow.

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

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

### 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.

### Card Fitness
Take a deck of cards, flip the top card. Complete exercises based on the suit & number on the card. Face cards are worth 15. Spades- jumping jacks, Club- squats, Hearts- mountain climbers, Diamonds- Your choice

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

### Step Jumps
Find a step or a bench and jump up and down 50 times. Be careful.
Take a break if you need to.

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

### 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

### Jump Lunges
Complete a right leg lunge, while in the down position jump up landing in a lunge position on the left leg.

### Commercial Break
Can you hold a plank for an entire TV commercial break?

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**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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