<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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| **National Health Observances**  
- National Autism Awareness Month  
- National Minority Health Month  
- National Distracted Driving Awareness Month  
- Stress Awareness Month  
- April 7: World Health Day | 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!  
Yoga photos from [www.forteyoga.com](http://www.forteyoga.com) | **1** Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind. | **2** Star Jumps  
Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat. | **3** Crane Pose  
Here’s a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows. | **4** 4 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 | **5** 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? | **6** 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. | **7** World Health Day  
Did you know regular, moderate-intensity physical activity can help prevent diabetes?  
Go for a walk with an adult & discuss other ways to prevent diabetes. | **8** 10 Jump Lunges  
Complete a right leg lunge, while in the down position jump up landing in a lunge position on the left leg. | **9** Tabata  
Jump squats  
20 seconds of work  
10 seconds of rest  
8 rounds | **10** 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. |
| **11** Dribble Challenge  
Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving? | **12** Fish Pose  
Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds | **13** 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, Clubs- squats, Hearts- mountain climbers, Diamonds- Your choice | **14** Wild Arms  
As fast as you can complete:  
10 Arm Circles front & back  
10 Forward punches  
10 Raise the Roof’s Repeat 3x | **15** Mindful Senses  
What do you notice around you? Find:  
5 things you see  
4 things you hear  
3 things you smell  
2 things touch  
1 thing you taste | **16** Jump rope to music!  
Can you jump to an entire song without stopping? | **17** How Fast Can You Go?  
Pick a distance and see how fast you can run the distance. | **18** Slide, Slide, Sprint  
Slide to your left for 10 steps, slide to right for 10 steps then face forward and sprint for 10 seconds. | **19** Garland Pose  
Practice your balance with this pose! | **20** Tabata  
Tuck Jumps  
20 seconds of work  
10 seconds of rest  
8 rounds | **21** Commercial Break  
Can you hold a plank for an entire TV commercial break? | **22** Nighttime Note  
Empty your mind before you go to bed by writing a note about what you’re thinking and leave it for tomorrow. | **23** Chair Pose  
Hold for 30 seconds, relax then repeat. | **24** Positive Talk  
Be sure to talk to yourself today like you would talk to someone you love. |
| **25** 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. | **26** Put your favorite song on and make up a dance or fitness routine! | **27** Paper Plate Planks  
In plank position with paper plates under your feet. Complete 30s each:  
- mountain climbers  
- in and out feet  
- knees to chest | **28** Step Jumps  
Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to. | **29** A Gratitude Attitude  
Write down something you’re thankful for and why. | **30** Try Savasana again. Use this to relax and wind down all year! | | |

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