<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td>Set a goal</td>
<td>1 Mindful Walk</td>
<td>2 Dia de los Muertos</td>
<td>3 National Native American Heritage Month</td>
<td>4 Choice Read</td>
<td>5 Fish Pose</td>
<td>6 Bicycles</td>
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<tr>
<td>How many days can you be active in November?</td>
<td>Take a mindful walk and bring full attention to the movements and sensations in your body</td>
<td>Honor your relatives by taking a mindful minute and think about the things you learn from them. Click the link above to learn more about this tradition.</td>
<td>Watch the video Native American Traditional Games to find a new game to try. Why was this game created?</td>
<td>Read a book of choice (not required for school)–find a topic or person you want to know more about!</td>
<td>Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds</td>
<td>Lie on your back and move your legs like you’re riding a bicycle to strengthen your stomach muscles. Need help? Watch here!</td>
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<td>7 Board or Card Game Day</td>
<td>8 Mindful Eating</td>
<td>9 Striking With Shoe Challenge</td>
<td>10 American Diabetes Month</td>
<td>11 Veterans Day</td>
<td>12 Inch Worms</td>
<td>13 World Kindness Day</td>
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<td>Play a board or card game with family or friends.</td>
<td>Not sure what mindful eating is? Take a look at Mindful Eating Use Mindful Eating to try a new food today</td>
<td>Grab a shoe, a rolled up pair of socks, and a laundry basket. See directions HERE.</td>
<td>Try to go sugar free for a day! Look at the food labels to notice how much hidden sugar is in food.</td>
<td>Thank a Veteran for their service. Write a card or note and ask a grown up to help send it to a Veteran’s organization.</td>
<td>Keeping your legs straight, place your hands on the ground, walk them into push-up position, and walk your legs up. Here’s what it looks like!</td>
<td>Leave a nice note for someone to find. Examples: -You have a nice smile -Thank you for being a good friend. -You’re fun to play with</td>
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<td>14 Get Outside</td>
<td>15 Active Chores</td>
<td>16 &quot;Scarfamania&quot; Challenge</td>
<td>17 Deep Breathing</td>
<td>18 Paper Plate Planks</td>
<td>19 Limbo</td>
<td>20 Pretzel Race!</td>
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<tr>
<td>Go on a bike ride, walk, or hike with family or friends.</td>
<td>Do an active chore like vacuuming, sweeping, scrubbing, hand washing dishes, pulling weeds, etc…</td>
<td>Grab a plastic grocery bag and a laundry basket! See directions HERE.</td>
<td>Practice Deep Belly Breathing.</td>
<td>In plank position with paper plates under your feet. Complete 30s each - mountain climbers -in and out feet -knees to chest</td>
<td>Grab a broom stick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?</td>
<td>Stand on your left leg, lift your right leg and cross it in front of your left knee, and cross your arms in front of your body. Hop in your pretzel position to the finish line!</td>
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<td>21 Pillow Flick Challenge</td>
<td>22 Gratitude</td>
<td>23 Teachers vs. Students Challenge</td>
<td>24 Epilepsy Awareness Month - Share epilepsy information with your family or friends.</td>
<td>25 Thanksgiving Day</td>
<td>26 Splits!</td>
<td>27 Army Crawl</td>
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<td>Grab a pillow and a rolled up pair of socks. See the full directions HERE.</td>
<td>List 3 things that you are grateful for. If it is a person, tell them.</td>
<td>Can you do more exercises than the teachers? To find out, click on the link HERE.</td>
<td>Tell someone why you are thankful for them, and follow it up with a hug or high five.</td>
<td>Practice your right leg split, left leg split, and middle split. Hold each one for 30 seconds.</td>
<td>Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you’re moving under barbed wire.</td>
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<td>28 No Device Day</td>
<td>29 Encourage Someone</td>
<td>30 Celebrate!</td>
<td>National Health Observances:</td>
<td>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!</td>
<td>Yoga Images from <a href="http://www.forteyoga.com">www.forteyoga.com</a></td>
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<td>Detox from technology – can you go all day without playing on your phone, tablet, or video game?</td>
<td>Find 5 people (before school, at recess, or after school) and give them a positive message</td>
<td>Celebrate your success by picking your favorite activities on the calendar. Put a star on your favorite, heart on the one that made your heart beat fastest, and smiley face one that made you content/calm.</td>
<td>• National Gratitude Month • American Diabetes Month • 4th National Stress Awareness Day • 13th World Kindness Day • 17th National Take a Hike Day • 30th National Personal Space Day</td>
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