

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>National Health Observances:</p> <ul style="list-style-type: none"> Safe Toys and Gifts Month <p>Yoga Images from www.forteyoga.com</p>	<p>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.</p>			<p>1 Toss Challenge A hula hoop, a bean bag(s). Toss a bean bag(s) into the hoop from different distances. How many can you get in a row?</p>	<p>2 Hula Hoop Challenge Hula hoop for at least 10 minutes. How long can you do it without dropping it?</p> 	<p>3 Influences Clarify in your mind who are the people in your life that you trust to talk about your health.</p>
<p>4 Be Kind Open a door for a stranger or a family member.</p>	<p>5 Walk - Jogs Go to a local track. Do one mile (4 laps). Jog the straights, walk the curves.</p>	<p>6 Eat Healthy Eat at least 2 pieces of fruit and vegetables.</p>	<p>7 Dance Party Listen to your favorite song and make up a new dance move.</p>	<p>8 Nice Call Call a family member or a friend and ask how they are doing.</p> 	<p>9 Balloon Badminton Play a game of badminton using a balloon in place of a birdie.</p>	<p>10 Healthy Meal Draw a picture of the healthy meal. Share with the class your family experience making the meal and family time.</p>
<p>11 In the Mail Write a letter to a friend or relative and mail it.</p> 	<p>12 Plank Wars Grab a friend and battle it out. See who can hold a plank the longest. If you want vary it up with a side plank oh how about a wall sit?</p>	<p>13 What's That! Go to the grocery store and identify 2 vegetables you have never seen before! If you are adventurous try one!</p>	<p>14 Dance Challenge Watch a dance video and try to learn the steps for 16 counts.</p>	<p>15 Helping Hand Remember to help at least one older person!</p>	<p>16 Burpee Challenge Challenge a family/friend to do 10 burpees as quick as possible.</p>	<p>17 Yoga Dog Spend 30 seconds in downward dog pose. Breathe.</p> 
<p>18 Thinking Time Identify when you have a negative emotion (sadness, anger) and sit with your feelings before moving on with your day.</p>	<p>19 Shadow Tag Late in the day, when shadows are long, is a great time to play shadow tag. If the tagger touches or steps on your shadow, Your It!</p>	<p>20 Class Dance Have your class or a group of friends perform a line dance. ex cupid shuffle, Cha Cha Slide, Electric Slide, Y.M.C.A., The Chicken Dance.</p>	<p>21 Thank you!!! Write thank you cards to 5 classmates and 2 family members.</p>	<p>22 Step Count Count your school steps as you walk from class to class.</p>	<p>23 Heart Rate Learn how to check your resting and active heart rate.</p>	<p>24 Bear Walk With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Move across the room.</p>
<p>25 I, Spy Walk Go for a walk with your family while playing a game of I, Spy.</p>	<p>26 School Poster Draw posters that can be placed throughout the school that emphasizes healthy habits. ex. running, eating fruits and veggies, yoga, etc.</p>	<p>27 Happy Baby Pose Straighten your legs for an added challenge. Hold the pose 30 seconds 3 times.</p> 	<p>28 Smoothie/ Fruit Day Bring fruit to the classroom for students to try new/different fruit. ex. different colors of grapes, different citrus fruits, banana's vs plantains.</p>	<p>29 Locomotor Sidewalk Along the sidewalks alternate between skipping, speed walking, and jogging.</p>	<p>30 Grab Bag Nice Note Using a bag, pull a name that you will write a nice note to a classmate.</p>	<p>31 Bridge Pose Bridge Pose Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.</p> 