

November 2023

Elementary Health & Physical Education Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Health Observances: <ul style="list-style-type: none"> National Gratitude Month American Diabetes Month 13th World Kindness Day 17th National Take a Hike Day 			1 Mindful Walk Take a mindful walk and bring full attention to the movements and sensations in your body	2 National Native American Heritage Month Watch the video Native American Traditional Games to find a new game to try. Why was this game created?	3 Choice Read Read a book of choice (not required for school). Find a topic or person you want to know more about!	4 Favorite Animal Mimic different animals that you know. Walk, jump, hop, crawl, gallop around the house or outside.
5 Bicycles Lie on your back and move your legs like you're riding a bicycle to strengthen your stomach muscles. Need help? Watch here!	6 Board or Card Game Day Play a board or card game with family or friends.	7 Mindful Eating Not sure what mindful eating is? Take a look at Mindful Eating . Use Mindful Eating to try a new food today.	8 Striking With Shoe Challenge Grab a shoe, a rolled-up pair of socks, and a laundry basket. See directions HERE .	9 American Diabetes Month Try to go sugar free for a day! Look at the food labels to notice how much hidden sugar is in food.	10 Veterans Day Thank a Veteran for their service. Write a card or note and ask a grown up to help send it to a Veterans' organization.	11 Star Jumps! Complete 5 star jumps with your family and friends. 
12 I am... Repeat this 3 times today. I am grounded. I am supported. I am enough!	13 World Kindness Day 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	14 Dragon Breath Practice the Dragon Breathing exercise with your siblings or friends! 	15 Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest	16 Deep Breathing Practice Deep Belly Breathing .	17 Outdoor Walk Take an outdoor nature walk to find different trees, flowers, bushes, insects. Write down what you saw and the distance that you walked. National Take a Hike Day	18 Limbo 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?
19 Inch Worms 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!	20 Eat Your Colors Find or name a fruit or vegetable that can go with each color of the rainbow. How many did you find or name?	21 Gratitude List 3 things that you are grateful for. If it is a person, tell them.	22 Teachers vs. Students Challenge Can you do more exercises than the teachers? To find out, click on the link HERE .	23 Thanksgiving Tell someone why you are thankful for them and follow it up with a hug or high five.	24 Active Chores Do active chores like vacuuming, sweeping, scrubbing, hand washing dishes, pulling weeds, etc.	25 Jump Rope Jump rope to your favorite song!
26 Army Crawl Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.	27 No Device Day Detox from technology – can you go all day without playing on your phone, tablet, or video game?	28 Encourage Someone Find 5 people (before school, at recess, or after school) and give them a positive message!	29 Celebrate! Celebrate your success by picking your favorite activities from the calendar. Put a star on your favorite, heart on the one that made your heartbeat fastest, and smiley face one that made you content/calm.	30 Set a Goal How many days can you be active in November? Tell a grown-up at home your goal, and write it in this square!	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. Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)	