

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1 New Year's Day: Set a goal</b> How many days can you be active in January? Tell an adult at home your goal and write it in this square.	<b>2 De-Stress for Success</b> Ask someone you care about what their favorite way to de-stress is and join them in that practice! Ideas include physical activity, yoga, breathing, talking to friends, etc	<b>3 Before Bed Breathing</b> While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.	<b>4 Better Breathing</b> can help calm our mind & body. Take a deep breath in through your nose, hold for a four count. Then exhale, out of your mouth for a four count. Repeat.	<b>5 Seated Forward Bend Pose</b> Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need 	<b>6 Collage Time</b> Create a collage of inspirational quotes/words.
<b>7 Sunday Prep</b> Do one thing today to help prepare you for the week. Examples: -Pack your backpack -Check your homework -Pick out your clothes for the week -Set out your breakfast	<b>8 Move it Monday</b> DANCE – DANCE-DANCE to your favorite song while getting ready or brushing your teeth.	<b>9 Flip a coin</b> Heads: At each meal, perform as many push-ups as you can without stopping. Tails: At each meal, perform as many squats as you can without stopping.	<b>10 Mindful Minute</b> For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	<b>11 Circuit Set</b> Perform each 3 times: 10 Burpees 10 Walking Lunges 10 Mountain Climbers	<b>12 Low Lunge Pose</b> Hold for 30-60 seconds, breathing deeply. Switch legs and repeat. 	<b>13 You Deserve It</b> Write personal affirmations.
<b>14 Flip a coin</b> Heads: At each meal, perform as many push-ups as you can without stopping. Tails: At each meal, perform as many squats as you can without stopping.	<b>15 Recharge</b> Avoid using technology two hours before bed. Did you sleep better?  <a href="#">Martin Luther King, Jr. Day</a>	<b>16 Army Crawl</b> Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.	<b>17 Music Break</b> Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished?	<b>18 Circuit Set</b> Perform each 3 times: 10 Box Jumps (step-ups) 10 Curl-Ups 10 Bench/Chair Dips Hold a 10 second Plank 10 times	<b>19 Mummy Kicks</b> Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right. 	<b>20 Declutter</b> Clean up your locker, desk or room. Having an organized space can make you feel better.
<b>21 Flip a coin</b> Heads: Perform a wall-sit for 30 seconds, rest, and then again for 20 seconds. Tails: Perform a high plank for 30 seconds, rest, and then again for 20 seconds.	<b>22 Core Challenge</b> Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!	<b>23 Stay Hydrated</b> Take extra time to drink eight 8oz. glasses of water today. At the end of the day, how do you feel? Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.	<b>24 Mindful Minute</b> For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	<b>25 Cardio &amp; Yoga</b> Do a cardiovascular exercise(s) of your choice for 5-10 minutes then try all three yoga poses from this calendar holding each pose for 30-60 seconds before switching.	<b>26 Hands &amp; Knees Balance Pose</b> Hold for 30-60 seconds, switch sides and repeat 	<b>27 Compliments Matter</b> Give a compliment. It only takes one sentence.
<b>28 Flip a coin</b> Heads: Choose one lower body exercise that will help you jump higher. Do it 20 times. Tails: Choose one upper body exercise that will	<b>29 Shoulder Shrugs</b> Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.	<b>30 Jump Around</b> Jump rope as fast as you can for one minute, then rest for 1 minute. Repeat 6-8 times	<b>31 Mindful Minute</b> For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	<b>NATIONAL HEALTH OBSERVANCES</b> National Blood Donor Month  Yoga images from <a href="http://www.fortevoga.com">www.fortevoga.com</a>		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. <a href="#">Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)</a>