

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |
|---|--|--|---|--|---|---|
| <p><b>National Health Observances:</b></p> <ul style="list-style-type: none"> <li>Emotional Wellness Month</li> <li>National Bullying Prevention Month</li> <li>National Depression Education &amp; Awareness Month</li> <li>Positive Attitude Month</li> <li>5<sup>th</sup> - National Do Something Nice Day</li> <li>10<sup>th</sup> - World Mental Health Day</li> <li>20<sup>th</sup> - National Youth Confidence Day</li> </ul> <p>Yoga Images from <a href="http://www.forteyoga.com">www.forteyoga.com</a></p> |  | <p><b>1 Over-And-Under</b></p> <p>With your back to your partner, stand about a foot apart. One person will start with the medicine ball (or any ball.) Pass the ball to your partner through your legs then extend your arms up to retrieve it.</p> | <p><b>2 Mindful Minute</b></p> <p>For 60 seconds, clear your mind &amp; only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>                       | <p><b>3 Line Jumps</b></p> <p>Find a line on the ground and jump from side to side 10 times. Rest 10 second repeat.</p>  | <p><b>4 Do this:</b></p> <ul style="list-style-type: none"> <li>-Hop on one leg 30 times, switch legs</li> <li>-Take 10 giant steps</li> <li>-Walk on your knees</li> <li>-Do a silly dance</li> <li>-Sprint for 10 seconds</li> </ul>  | <p><b>5 Compliment Someone</b></p> <p>Today give someone a genuine compliment. Examples:</p> <ul style="list-style-type: none"> <li>-I like your hairstyle today.</li> <li>-I like how you're helpful.</li> </ul> <p><b>National Do Something Nice Day!</b></p> |
| <p><b>6 Upward Crescent Moon Pose</b></p> <p>This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat.</p>    | <p><b>7 Mindful Senses</b></p> <p>What do you notice around you? Find: 5 things you see 4 things you feel 3 things you hear 2 things smell 1 thing you taste</p>   | <p><b>8 Walk and Talk</b></p> <p>Take a walk with your parents or an adult who takes care of you about what to do if you are bullied or see someone being bullied.</p>   | <p><b>9 I'm Awesome!</b></p> <p>Write down three things about yourself you're proud of.</p>   | <p><b>10 Leg Day</b></p> <p>20 forward lunges (each leg)<br/>40 squats<br/>40 calf raises<br/>1 minute wall sit<br/>Revolved Triangle Pose for 60s each side</p> <p><b>World Mental Health Day</b></p>             | <p><b>11 Recharge</b></p> <p>Avoid using technology two hours before bed. Did you sleep better?</p>   | <p><b>12 Revolved Triangle Pose</b></p> <p>Hold for 30-60 seconds on each side to target hamstrings and shoulders.</p>   |
| <p><b>13 Balloon Tennis</b></p> <p>Blow up a balloon and with a partner hit the balloon back &amp; forth. Use forehand and backhand</p>   | <p><b>14 Mindful Minute</b></p> <p>For 60 seconds, clear your mind &amp; only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>                     | <p><b>15 Walk and Think</b></p> <p>How would you feel if a friend was being bullied? Walk for 10 minutes thinking about ways you could help a person who is being bullied.</p>   | <p><b>16 Side Seated Angle Pose</b></p> <p>Hold for 30-60 seconds on each side to target the hamstrings and calves.</p>  | <p><b>17 Planks with Push-Ups</b></p> <p>Hold a plank for 10 seconds, followed by 2 push-ups. Try to complete 6 reps without rest.</p>   | <p><b>18 Mindful Snack</b></p> <p>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?</p>   | <p><b>19 Core Challenge</b></p> <p>Plank 10 seconds<br/>10 crunches<br/>10 sit ups<br/>Repeat 5 times with no rest!</p>   |
| <p><b>20 Positive Talk Sunday</b></p> <p>Be sure to talk to yourself today like you would talk to someone you love.</p> <p><b>National Youth Confidence Day</b></p>   | <p><b>21 Yoga Combo</b></p> <p>Try all of the poses from this month back-to-back. End with Savasana from last month.</p>   | <p><b>22 Tuesday Prep</b></p> <p>Do one thing today to help prepare you for tomorrow. Examples:</p> <ul style="list-style-type: none"> <li>-Pack your bookbag</li> <li>-Check your homework</li> <li>-Pick out your clothes</li> </ul>               | <p><b>23 Cardio and Stretch</b></p> <p>Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Revolved Triangle pose.</p>  | <p><b>24 Compliment Someone</b></p> <p>Today give someone a genuine compliment. Examples:</p> <ul style="list-style-type: none"> <li>-I like your hairstyle today.</li> <li>-I like how you're helpful.</li> </ul> | <p><b>25 Clap and Catch</b></p> <p>Throw a ball or soft object up into the air. See how many times you can clap before you catch it</p>   | <p><b>26 Device Detox</b></p> <p>Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours.</p>  |
| <p><b>27 Crazy 8's</b></p> <p>8 jumping jacks<br/>8 leaps<br/>8 frog jumps<br/>8 vertical jumps (as high as you can)<br/>Repeat 3 times</p>   | <p><b>28 Side Seated Angle Pose</b></p> <p>Hold for 30-60 seconds on each side to target the hamstrings and calves</p>  | <p><b>29 Skaters</b></p> <p>Hop to your right bringing your left foot behind you with knees bent &amp; body low. Repeat the movement to the left. Do for 30 seconds.</p>   | <p><b>30 Be Inclusive</b></p> <p>Invite a classmate you don't really know to join you in an activity.</p>   | <p><b>31 Attached at the Hip</b></p> <p>Place a ball between you &amp; partner's hips. Try to walk across the room without letting the ball drop.</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. Happy exercising!</p> |   |