

## February 2023

### Elementary Health & Physical Education Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>National Health Observances:</b> <ul style="list-style-type: none"> <li>American Heart Month</li> <li>Low Vision Awareness Month</li> <li>National Children's Dental Health Month</li> <li>Teen Dating Violence Awareness Month</li> <li>Random Acts of Kindness Week – 14<sup>th</sup> -20<sup>th</sup></li> <li>Random Acts of Kindness Day – 17<sup>th</sup></li> </ul>			<b>1 First Day of Black History Month</b>  <a href="#">MLK Workout</a>	<b>2 Balloon Bounce</b> With a partner or by yourself try to keep a balloon in the air as long as you can.	<b>3 Sun Salutation</b> Start at #1 and move through all 12 poses while inhaling and exhaling. Go slowly through all 12 poses, take your time. <a href="#">Sun Salutation</a>	<b>4 National Play Outside Day</b> Get outside and play! Ride a bike or scooter, play hopscotch, climb a tree, or make up a game with friends and family!
<b>5 Heart Healthy Cooking</b> Help to cook a healthy meal at home.	<b>6 Mindful Monday Belly Breathing</b> Lay on your back, and either put your hands on a stuffed animal on your belly. Feel your belly rise and fall with each slow breath. <a href="#">The Breathing Ball</a>	<b>7 10 for Tuesday</b> 10X Jumping Jacks, 10X Push Ups, 10X Curl Ups, 10X Supermans, 10X Squats (Repeat , 2, or 3 times)	<b>8 Get Outside!</b> <a href="#">Outdoor Walk Bingo</a>	<b>9 National Children's Dental Health Month</b> Get some movement in while brushing your teeth. Squat, march in place or pace around for two minutes while brushing your teeth	<b>10 On the Move</b>  <a href="#">March to Montgomery</a>	<b>11 Trash Pick Up</b> With an adult, pick up trash around your house, neighborhood, or school.
<b>12 Take Time Out</b> Tech time out - no device for a day	<b>13 Kindness Monday</b> <a href="#">How to Take and Lead a Kindful Minute</a>	<b>14 Valentine's Day</b> <a href="#">Sweetheart Road</a> Turn on your favorite type of music and dance for 3 songs. Random Acts of Kindness Week begins	<b>15 Stay Indoors!</b> <a href="#">Indoor Scavenger Hunt!</a>	<b>16 Thinking of You</b> Find someone to exercise or play with. Let them choose the activity, and thank them for playing with you.	<b>17 Random Act of Kindness Day</b> Play with someone new at recess or ask a new friend to play a game with you.	<b>18 Cobra Pose</b> Lay down on your stomach and your chest bringing your arms back. 
<b>19 Ring, Ring</b> Call a family member or friend that you haven't talked to in awhile to say "hi".	<b>20 Presidents' Day</b> <a href="#">Presidents Day Trivia</a>	<b>21 Keep moving!</b>  <a href="#">Healthy Heart Tabata</a>	<b>22 Wake Up Wednesday</b> As soon as you get out of bed, shake your body for 20 seconds, do 20 jumping jacks, and touch your toes for 20 seconds.	<b>23 Think about your heart</b> Make a list of heart healthy things you can do for yourself: Need ideas? Ask someone at home	<b>24 This or That Tabata</b> Choose an exercise for the 20 second period. During the 10 second rest, put your hand on your heart and think of what you are grateful for. <a href="#">Tabata timer 20/10 with music   The PE Guy</a>	<b>25 Kindness Rocks</b> Paint kindness rocks and hide them around your community for others to find.
<b>26 Sunday Smiles</b> Go for a family walk and smile at everyone you meet.	<b>27 Take a minute</b> <a href="#">Mindful Minute</a> Get in a comfortable position. Inhale for 5 seconds, exhale for 5 seconds. Continue this for 1 minute, focusing only on your breathing.	<b>28 What makes you happy?</b> In a calm space, write or draw a list of things that make you happy. Post it somewhere you will see it often.	Set a goal of how many days you will be active this month. Write it here	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.		