






SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>National Health Observances</p> <ul style="list-style-type: none"> National Autism Awareness Month National Minority Health Month National Distracted Driving Awareness Month Stress Awareness Month April 7: World Health Day 			<p>1</p> <p>Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind.</p> 	<p>2 Star Jumps</p> <p>Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>3 Crane Pose</p> <p>Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows.</p> 	<p>4 4 Walls</p> <p>Face each wall in a room and do a different exercise for 30 seconds</p> <ul style="list-style-type: none"> -side shuffle -grapevine to left then right -wide stance punches -vertical jumps
<p>5 Mindful Snack</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>6 Teacup Tip-ups</p> <p>Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.</p>	<p>7 World Health Day</p> <p>Did you know regular, moderate-intensity physical activity can help prevent diabetes? Go for a walk with an adult & discuss other ways to prevent diabetes.</p>	<p>8 Musical Frogs</p> <p>This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).</p>	<p>9 Bear Walk</p> <p>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. Continue to move across the room.</p>	<p>10 Before Bed Breathing</p> <p>While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.</p>	<p>11 Dribble Challenge</p> <p>Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?</p>
<p>12 Fish Pose</p> <p>Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds</p> 	<p>13 Play Catch</p> <p>Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</p>	<p>14 Wild Arms</p> <p>As fast as you can complete:</p> <ul style="list-style-type: none"> 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's <p>Repeat 3x</p>	<p>15 Mindful Senses</p> <p>What do you notice around you? Find:</p> <ul style="list-style-type: none"> 5 things you see 4 things you feel 3 things you hear 2 things smell 1 thing you taste 	<p>16 Crawl Like a Seal</p> <p>Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.</p>	<p>17 How Fast Can You Go?</p> <p>Pick a distance and see how fast you can run the distance.</p>	<p>18 Inchworms</p> <p>Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up.</p>
<p>19 Garland Pose</p> <p>Practice your balance with this pose!</p> 	<p>20 Rock Paper Scissors Tag</p> <p>Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.</p>	<p>21 Commercial Break</p> <p>Can you hold a plank for an entire TV commercial break?</p>	<p>22 Wake and Shake</p> <p>As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.</p>	<p>23 Chair Pose</p> <p>Hold for 30 seconds, relax then repeat.</p> 	<p>24 Positive Talk</p> <p>Be sure to talk to yourself today like you would talk to someone you love.</p>	<p>25 Jump, Jump</p> <p>Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.</p>
<p>26</p> <p>Put your favorite song on and make up a dance or fitness routine!</p>	<p>27 Paper Plate Planks</p> <p>In plank position with paper plates under your feet. Complete 30s each:</p> <ul style="list-style-type: none"> -mountain climbers -in and out feet -knees to chest 	<p>28 Step Jumps</p> <p>Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>	<p>29 A Gratitude Attitude</p> <p>Write down something you're thankful for and why.</p>	<p>30</p> <p>Try Savasana again. Use this to relax and wind down all year!</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>	