





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>1</b></p> <p>Try and sprint from one end of your street to the other. Have a family member time you.</p>	<p><b>2 Yogi Squat Pose</b></p> <p>Hold for 30 seconds rest and repeat.</p> 	<p><b>3 Handstands</b></p> <p>Practice your Hand stands today! How long can you hold them? If you're having trouble start against a wall.</p>	<p><b>4 Boat Pose</b></p> <p>Hold Boat Pose three times for 15 seconds.</p> 	<p><b>5 Tabata</b></p> <p>Jump squats 20 seconds of work 10 seconds of rest 8 rounds</p>	<p><b>6 Jab, Jab, Cross</b></p> <p>Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p>
<p><b>7 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>8 Fish Pose</b></p> <p>Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.</p> 	<p><b>9 Shuffle Squat</b></p> <p>Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.</p>	<p><b>10 Exercise DVD</b></p> <p>Get an exercise DVD or find one on the internet and do it with the whole family.</p>	<p><b>11 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>12 Set the Menu</b></p> <p>Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.</p>	<p><b>13 Yogi Squat Pose</b></p> <p>Hold for 30 seconds rest and repeat..</p> 
<b>RANDOM ACTS OF KINDNESS WEEK</b>						
<p><b>14 Read and discuss</b></p> <p>Read the article "<a href="#">How Sharing Kindness Can Make You Healthier and Happier</a>". How do you feel when you do something nice for someone? Try one of this week's kindness practices.</p>	<p><b>15 Call a friend</b></p> <p>Call (don't text) a friend or family member to check in on how they are doing.</p>	<p><b>16 Cellphones Down</b></p> <p>When in class or having a conversation with someone don't look at your phone (and earn bonus points with parents! jk)</p>	<p><b>17 Random Act of Kindness Day</b></p> <p>Do an act of kindness for someone &amp; encourage them to pay it forward.</p>	<p><b>18 Don't Complain</b></p> <p>Take the challenge of not complaining today. Instead of complaining find the positive in a situation, activity or thing.</p>	<p><b>19 Post it!</b></p> <p>Leave a positive sticky note somewhere in school for a classmate to find.</p>	<p><b>20 Help around the house</b></p> <p>Do something helpful around the house like clean your room, take out the trash or fold laundry.</p>
<p><b>21 Compliment Someone</b></p> <p>Today give someone a genuine compliment. Example: -I think you have a good sense of humor.</p>	<p><b>22 Double Duty</b></p> <p>Go for a walk with a parent/guardian or friends and bring a plastic bag. Pick up paper or trash you see along your walk.</p>	<p><b>23 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</p>	<p><b>24 Bridge Pose</b></p>  <p>Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.</p>	<p><b>25 Core Challenge</b></p> <p>Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p><b>26 Jump, Jump</b></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><b>27</b></p> <p>Put your favorite song on and make up a dance or fitness routine!</p>
<p><b>28 Hit the Track</b></p> <p>Sprint the straights on the track and walk the curves; do this for 10 laps. Bring some music to motivate you!</p>		<p><b>National Health Observances:</b></p> <ul style="list-style-type: none"> <li>American Heart 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> <p>Yoga pictures from <a href="http://www.forteyoga.com">www.forteyoga.com</a></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>	