


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Set a goal of how many days you will be active this month. Write it here</p>	<p>Stress free Sunday Mindful Monday Turbo-charged Tuesday (Cardio) Wellness Wednesday Thoughtful Thursday Flip a Coin Friday Superhero Saturday</p>	<p><b>1 Turbo Charged Tuesday</b>  <a href="#">"Timber Catch"</a></p>	<p><b>2 Black History Month</b>  <a href="#">March to Montgomery</a></p>	<p><b>3 Slow down and stretch</b> How many of these yoga poses can you do safely?  <a href="#">Yoga Examples</a></p>	<p><b>4 Flip a coin</b> Heads: 20 sit-ups Tails: 20 squats</p>	<p><b>5 Build Your Super Hero Team</b> </p>
<p><b>6 Hit the slopes</b> How many skier jumps can you do in 1 min?</p>	<p><b>7 Mindful Monday</b> <a href="#">Mindful Pillowcase Activity</a></p>	<p><b>8 Turbo Charged Tuesday</b> <a href="#">Catch-A-Heart Challenge!</a></p>	<p><b>9 National Children's Dental Health Month</b> <a href="#">Homemade Toothpaste Recipe</a>; Work with a caregiver to make homemade toothpaste.</p>	<p><b>10 Think about your heart:</b> Make a list of heart healthy things you can do for yourself. Need ideas? Ask someone at home</p>	<p><b>11 Flip a coin</b> Heads: 30 jumping jacks Tails: 30 second plank</p>	<p><b>12 The Floor is Lava</b> Use x-ray vision to detect danger and move across the hot lava stream in a room/outside with fast feet!</p>
<p><b>13 Share a laugh</b> Tell a joke, watch a funny movie or draw a silly picture with someone.</p>	<p><b>14 Valentine's Day/Kindness Monday:</b> <a href="#">How to Take and Lead a Kindful Minute</a>  Random Acts of Kindness Week begins</p>	<p><b>15 Turbo Charged Tuesday</b>  <a href="#">Sweetheart Road!</a>  Hold a door open for someone today.</p>	<p><b>16 American Heart Month</b> Cook a <a href="#">Heart-Healthy Recipe</a> with the guidance of a caregiver for a family meal night</p>	<p><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.</p>	<p><b>18 Read and discuss</b> Read the book <a href="#">Have You Filled a Bucket Today?</a> by Carol McCloud, which is also a <a href="#">YouTube video</a>. How can you fill people's buckets this week?</p>	<p><b>19 You First</b> Let someone go before you on the playground, in a store, or anywhere else you can think of!</p>
<p><b>20 Take time out</b> Tech time out - no devices for a day. OR Take time to play with your pet - Celebrate National Love Your Pet Day Random Acts of Kindness Week ends</p>	<p><b>21 President's Day</b>  <a href="#">Would you Rather? This or That</a></p>	<p><b>22 Turbo Charged Tuesday</b> The Git Up Dance <a href="http://bit.ly/GitUpBragg">bit.ly/GitUpBragg</a></p>	<p><b>23 Wellness Wednesday</b> <b>Physical</b> – pick a way to move for 15-20 <b>Mental</b> – read a book; learn something new <b>Emotional</b> – take note of how you feel; give someone a compliment</p>	<p><b>24 Think about yourself</b> Take 1-2 minutes to sit calmly and notice your breath. How do you feel today? <a href="#">Better Breathing - Self Care</a></p>	<p><b>25 Flip a coin.</b> Heads: 30 second wall sit Tails: 10 lunges each leg</p>	<p><b>26 Spidey Sense</b> How many spiderman push-ups can you do in 1 minute? </p>
<p><b>27 Attitude of Gratitude</b> List of everything you are grateful for. Then do 5 jumping jacks for each THING and 5 push-ups for each PERSON</p>	<p><b>28 Celebrate your success!</b>  Did you meet your goal for active days this month?</p>	<p><b>National Health Observances:</b></p> <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>			<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>	