

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Health Observances: <ul style="list-style-type: none"> Safe Toys and Gifts Month Universal Human Rights Month International Volunteer Day (Dec 5), Look on the Bright Side Day (Dec 21), National Card Playing Day (Dec 28), Make Up Your Mind Day (Dec 31) First Saturday of each month: National Play outside day 			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.		1 Seated Forward Bend Pose Hold for 1 minute breathing deeply going deeper into the pose. 	2 National Play Outside Day Get fresh air today and play outside for 30 minutes if it's not too cold!
3 Sunday Prep Do one thing today to help yourself prepare for the week. Pack your lunch Set out your clothes.	4 Army Crawl Lay on your stomach resting on your forearms and drag your body across the room like you are sneaking under a barbed wire!	5 Volunteer Day Talk with a grown up about ways people can volunteer in your local community. What are different ways you can help out around the house today?	6 6 on the 6th! 6X Jumping Jacks 6X Push Ups 6X Curl Ups 6X Supermans 6X Squats (Repeat, 2, or 3 times)	7 Music Break Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished?	8 Good Posture While sitting at school or home today, check your posture often. Is your back straight?	9 Multitasking How many squats can you do while brushing your teeth?
10 Device Detox Go the entire day without using a device (tv, iPad, computer, smart phone)	11 Room Dance Challenge Pick a song and dance to it in each room of your house!	12 Encourage Find 3 people (before school, at recess, or after school) and give them a positive message	13 Mini Chef! Help with a home-cooked meal.	14 Strength in Reading Celebrate New Book Month by reading a new book.	15 Yoga Teaching Learn a new yoga pose and teach it to a friend or family member.	16 Strength Jackpot 1. Abdominal challenges 2. Pushup challenges 3. AMAP power jumpers 4. AMAP = As Many As Possible
17 Healthy Snack Make a healthy snack for your family.	18 Step it Up! Take a walk with a friend or family member after school today.	19 Thank You Write a thank you card to a teacher, support staff, and student. In the card, be specific as to how they helped you over the past year accomplish a personal goal.	20 Relax Lie on the floor or your bed with your legs up on the wall. Take 10 slow deep breaths that fill your belly.	21 Look on the Bright Side Try your best today to see the positive in things! Name three things you're thankful for!	22 Limber Commercials Stretch for at least 10 minutes during commercial breaks while watching TV.	23 Coin Flip Flip a coin: Heads= Curl Ups 10X Tails= Jumping jacks 10x
24 Chore Challenge Look around and see how you can help out at home and pick one chore to do without being asked to do it.	25 Step Jumps! Find a bench or a step and perform 25 jumps up and down. Be careful and take a break if you need it!	26 Be Kind Do something Kind for someone in your family.	27 Active Leader Invite a friend to be active with you at recess or PE!	28 National Card Playing Day Take a deck of cards & pick a card. Face cards are worth 12. ♠ jumping jacks, ♣ squats, ♥ high knees, ♦ your choice	29 Tick Tock Day Hold Boat pose for 30 seconds. 	30 Plank Challenge Challenge different members of your family to see who can hold a plank longer.
31 Make Up Your Mind Day Make up your mind to follow up on a positive healthy habit in 2024. Write it down and share it with 3 friends or family members.				Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)		