



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>31 Ragdoll Pose Hold Ragdoll Pose for 30 seconds. Repeat.</p> 	<p>National Health Observances:</p> <ul style="list-style-type: none"> National Nutrition Month Women's History Month 1st – 2nd National Day of Unplugging (sundown-to-sundown) 13th National Good Samaritan Day <p>Yoga Images from www.forteyoga.com</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.</p>		<p>1 Just Sit Take 1 minute and close your eyes. Sit up straight, with your feet flat on the ground. Focus on your breathing. National Day of Unplugging begins at sundown</p>	<p>2 Air Squats Do 3 sets of 25 air squats. National Day of Unplugging ends at sundown</p>
<p>3 Tik Tok Dance What are the most popular dance moves on Tik Tok right now? Practice those moves and make a Tik Tok with a friend — be sure to ask your parent/caregiver for permission!</p>	<p>4 Lunch Walk Walk at lunchtime.</p>	<p>5 Rainbow Meal Did you get all the colors of the rainbow on your plate today? Help your family with dinner tonight and see if you can get all the colors of the rainbow.</p>	<p>6 One-Leg Balance Standing close to a chair or wall, stand on one leg for a few seconds. Switch to the other leg. This move can help enhance mobility, joint stability, bone strength, and muscle tone.</p>	<p>7 Exercise Design Design your own Exercise program that you can do at home without equipment. Identify various body weight activities (include reps x sets).</p>	<p>8 Belly Breathing Practice belly breathing 10 times.</p>	<p>9 Sugarcane Pose Hold Sugarcane Pose for 30 seconds on each side.</p> 
<p>10 Health Signage Walk with friends through the school to count how many health-related signs you find. Have a conversation about the number of healthy signs vs. other signs.</p>	<p>11 Express Yourself Create a dance with your friends and show your family.</p>	<p>12 Group Walk Go on a 10 min walk with your family or friends.</p>	<p>13 Step Count Count your daily steps through the school, then find different directions through the school to see the difference in steps. National Good Samaritan Day</p>	<p>14 Mindful Listening Pick a piece of music you have never heard. Listen to every element carefully.</p>	<p>15 Happy Baby Pose Straighten your legs for an added challenge.</p> 	<p>16 Juggling Practice Practice juggling with balls or scarves.</p>
<p>17 Soccer Challenge Get a soccer ball and see how many times you can juggle it without dropping. You can use any body part, except hands and arms.</p>	<p>18 Try this: Complete 25 of the following: High Skip Squat Jumps High Knees Walk backwards</p>	<p>19 Healthy Dessert Make chocolate covered fruit for a healthy dessert.</p>	<p>20 Sit and Observe Find a place to sit outside and simply watch the world around you.</p>	<p>21 Music Workout Listening to music while exercising can improve workout performance by 15%</p>	<p>22 I'm Grateful Think of 3 things you are grateful for and write them down.</p>	<p>23 Squat with Kicks Complete a squat when standing kick one leg forward. Be sure to alternate legs on each squat. Complete 10.</p>
<p>24 Healthy Snack Day After school, have students pass out healthy snacks to students (granola bars, apples, oranges, etc.)</p>	<p>25 Heart Out Song Turn on some music and dance your heart out for the length of one upbeat song.</p>	<p>26 Cardio Exercise Get a family member and do a cardio exercise for 20 minutes: jogging, biking, hiking, running, swimming, etc.</p>	<p>27 Volleyball Challenge Get a volleyball and a partner and see how many times you can volley the ball without dropping it using bumps and passes only.</p>	<p>28 Set an Intention Take a one minute pause in your day, to decide how you want to move through the day.</p>	<p>29 Fitness Intervals 10 squats 10 broad jumps 10 second sprints 10 pushups 10 sit-ups</p>	<p>30 Body Scan Do a body scan. Lie on your back, breathe deeply and think about how each part of your body is feeling today.</p>