






SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>National Health Observances:</b></p> <ul style="list-style-type: none"> <li>National Courtesy Month</li> <li>National Self-Care Awareness Month</li> <li>National Suicide Prevention Month</li> <li>Fruit and Veggies – More Matters Month</li> <li>National Childhood Obesity Awareness Month</li> <li>National Yoga Awareness Month</li> </ul>			<p><b>1 Between the Knees</b> Gather 3 different balls. Starting with the largest try walking around your house keeping it between your knees.</p>	<p><b>2 Sport Play</b> Play outside for at least 30 minutes a team sport with at least 3 friends.</p>	<p><b>3 5 Finger Breathing</b> Trace your fingers as you breathe deeply and slowly. Repeat 4x.</p> 	<p><b>4 Cardio</b> Speed walk, jog, or run for at least 10 minutes today. Cool down by doing some calf stretches, quad stretches, and pike stretches.</p>
<p><b>5 Track Your Water</b> Can you drink 8 or more glasses today?</p>  <p>Drink Water/Hydrate</p>	<p><b>6 Labor Day Room Dance Challenge</b> Pick a song and dance to it in each room of your house!</p>	<p><b>7 Discuss Stress</b> How is stress perceived? Should students admit they are worried or stressed? should they discuss with someone or keep emotions to themselves?</p>	<p><b>8 Half Lord of the Fishes Pose</b> Hold for 30 seconds &amp; switch sides.</p>	<p><b>9 Try Something New Challenge</b> Try out a new physical activity today for at least 10 minutes. What is something you have wanted to try or maybe haven't done in a while?</p>	<p><b>10 Develop a Priority Schedule</b> to help you exercise regularly. Make it a high priority. Must do the exercise before other less important tasks.</p>	<p><b>11 Trash Pick Up</b> Go for a walk today and bring along a bag to pick up trash along the way. See how much you can collect.</p>
<p><b>12 Find a New Fitness</b> Search for a new style of workout or exercise video online and do it with your friends or family. See what you think about trying something new.</p>	<p><b>13 Cooking 101</b> Help with a home cooked meal.</p> 	<p><b>14 Dance Party</b> Have an impromptu dance party today with your family or friends.</p>	<p><b>15 Call &amp; Collect</b> Call a friend or family member you haven't talked to yet this week to say hello and wish them a wonderful day.</p>	<p><b>16 Soccer Dribble</b> Dribble a ball 100 times with your feet. Trap the ball and do 100 toe taps on the top of your ball. No ball? Use a balled-up pair of socks to kick around.</p>	<p><b>17 Commercials</b> Stretch during every ad that pops up or commercial break while watching your favorite show.</p> 	<p><b>18 Modifying Person Behavior</b> Monitor your activity patterns and record performances and other behaviors including nutrition on personal charts or mobile devices.</p>
<p><b>19 Sleep</b> Are you getting 7-8 hours of sleep each night so you feel your best daily? If not, analyze your bedtime routine. Set a goal to go to bed 15 minutes earlier tonight. Keep going until you hit your goal.</p>	<p><b>20 Tabata</b> Jump squats 20 seconds of work 10 seconds of rest 8 rounds</p>	<p><b>21 World Gratitude Day</b> Start a gratitude journal, writing down 3 things you are thankful for each day for a week.</p>	<p><b>22 Dance Walker</b> Go for a walk inside or outside and dance as you walk!</p>	<p><b>23 Yogi</b> Hold for 30 seconds, rest and then repeat 4x.</p>	<p><b>24 Squats</b> Do as many squats as you can while you brush your teeth.</p>	<p><b>25 Don't Forget About me!</b> What food group do you want to add a bit more of in your day? Try to add 1 more serving of it today.</p>
<p><b>26 Cooking 201</b> Try making a new healthy recipe this week. This can change up your food and nutrient intakes and add some new recipes to your routine.</p>	<p><b>27 Create a Dance</b> Create a dance to a favorite song. Try to show it or teach it to someone as well.</p>	<p><b>28 National Good Neighbor Day</b> Do a good deed for your neighbor (rake their leaves, sweep their sidewalk, etc)</p>	<p><b>29 Legs Up</b> Lie on the floor or your bed with your feet up against the wall. Focus on deep and relaxing breathing.</p> 	<p><b>30 Positive Attitude</b> Did you meet your goal this month? Celebrate your success by picking your favorite activity from the calendar repeating it!</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> <p>Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)  <a href="https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx">https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx</a></p>	

