

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Health Observances: <ul style="list-style-type: none"> American Heart Month Teen Dating Violence Awareness Month Random Acts of Kindness Week – 14-20 Random Acts of Kindness Day – 17th <p>Yoga pictures 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. Happy exercising!</p>		<p>1</p> <p>Try and sprint from one end of your street to the other. Have a family member time you.</p>	<p>2 Yogi Squat Pose</p> <p>Hold for 30 seconds rest and repeat.</p> 	<p>3 Handstands</p> <p>Practice your Hand stands today! How long can you hold them? If you're having trouble start against a wall.</p>
<p>4 Boat Pose</p> <p>Hold Boat Pose three times for 15 seconds</p> 	<p>5 Tabata</p> <p>Jump squats 20 seconds of work 10 seconds of rest 8 rounds</p>	<p>6 Jab, Jab, Cross</p> <p>Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides..</p>	<p>7 Mindful Minute</p> <p>For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p>8 Fish Pose</p> <p>Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.</p> 	<p>9 Shuffle Squat</p> <p>Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.</p>	<p>10 Exercise DVD</p> <p>Get an exercise DVD or find one on the internet and do it with the whole family.</p>
<p>11 Mindful Minute</p> <p>For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p>12 Set the Menu</p> <p>Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.</p>	<p>13 Yogi Squat Pose</p> <p>Hold for 30 seconds rest and repeat.</p> 	<p>14 Star Jumps</p> <p>Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p> <p>Random Acts of Kindness Week begins</p>	<p>15 How long can you go?</p> <p>On a treadmill or outside test your cardio endurance and see how long you can run without stopping. Stretch when done.</p>	<p>16 Leave a Note</p> <p>Leave a nice note for someone to find today. Examples: -You have a nice smile -Thank you for being a good friend. -You're fun to play with.</p>	<p>17 Random Act of Kindness Day</p> <p>Do an act of kindness for someone & encourage them to pay it forward.</p>
<p>18 Post it!</p> <p>Leave a positive sticky note somewhere in school for a classmate to find..</p>	<p>19 Help Someone</p> <p>Help someone carry something heavy, open a door or offer to help a teacher with a task.</p>	<p>20 Cellphones Down</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>Random Acts of Kindness Week ends</p>	<p>21 Compliment Someone</p> <p>Today give someone a genuine compliment. Example: -I think you have a good sense of humor.</p>	<p>22 Double Duty</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>23 Mindful Minute</p> <p>For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back</p>	<p>24 Bridge Pose</p> <p>Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.</p> 
<p>25 Core Challenge</p> <p>Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>26 Jump, Jump</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>27</p> <p>Put your favorite song on and make up a dance or fitness routine!</p>	<p>28 Hit the Track</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>29 Downward Dog</p> <p>Hold three times for 20 seconds. Try lifting one leg for an even greater challenge!</p> 		