

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>31 Nature Walk Take walks in the park with family members</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. Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)</p>		<p>1 Play Catch! Go outside and play catch with a friend.</p> <p>National Day of Unplugging begins at sundown</p>	<p>2 Sugarcane Pose Hold Sugarcane Pose for 30 seconds on each side. National Day of Unplugging ends at sundown</p> 
<p>3 Sidewalk Chalk Balance Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing.</p>	<p>4 AM Stretch Wake up and stretch for 5 minutes.</p>	<p>5 Scavenger Hunt Go on a scavenger hunt in your backyard.</p>	<p>6 Healthy Recipe Write your own healthy recipe. Be sure to include ingredients and instructions!</p>	<p>7 Dance Party Have a mini dance party to your favorite song(s)</p>	<p>8 Write a Letter Write a handwritten letter to a friend/family member and mail it.</p>	<p>9 Jump Rope Challenge Learn a new jump rope trick.</p>
<p>10 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p>11 Healthy Eating Ditch junk food for the day.</p>	<p>12 Nature Walk Take walks in the park with family members.</p>	<p>13 Water Challenge Instead of drinking juice or soda drink water today. Try adding fresh fruit to your water! National Good Samaritan Day</p>	<p>14 Find Your Calm Find a quiet place and sit with your eyes closed. Practice breathing deeply for 2 minutes.</p>	<p>15 Exercise Spell For each letter of your name, find an exercise that starts with that letter. Looking for a challenge? Try spelling your first & last name.</p>	<p>16 Mindful Minute 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>17 Code Words Any time you hear the code words complete 10 jumping jacks. <u>Code words:</u> green, St. Patrick's Day, lucky, leprechaun</p>	<p>18 Cha Cha Slide Do the Cha Cha Slide with DJ Ralph!</p>	<p>19 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p>20 Lava Game Create your own The Floor is Lava game! Use this resource to help get some creative ideas for your own game!</p>	<p>21 Grandparent Call Call a grandparent to say hello! Ask them about a favorite memory they have had with you. Share your favorite memory as well.</p>	<p>22 Check Yourself Do 1 act of self-care. Read your favorite book, take a walk, or watch your favorite show.</p>	<p>23 Fruit Day Eat a piece of fruit mindfully today! Close your eyes, smell the fruit, take a small bite and savor the sweet flavors as they fill your taste buds.</p>
<p>24 Fitness Time! Create your own fitness activity! Choose 3 fitness activities, decide how many to do of each, and then keep doing each set of three activities for 3 minutes!</p>	<p>25 Physical Challenge Complete one of these physical challenges with your family & friends. How many challenges can you do successfully?</p>	<p>26 Tracing Trace the letters of the alphabet in the air with your right hand, then left. Then trace the letters with your right and left leg while sitting on the floor.</p>	<p>27 Crabby Clean Up Tidy up while walking like a crab! Carry items on your belly across the room to put them away.</p>	<p>28 Vertical Jump Jump as high as you can for 30 seconds. Repeat.</p>	<p>29 Journaling Before bed, take time to read a book or write something you are grateful for in a journal.</p>	<p>30 Build a Fort Build a fort using all of your favorite items with family & friends.</p>