

August 2021

Elementary Mind & Body Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Set a goal How many days will you be active this month. Write it here: _____</p>	<p>2 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. Watch this video.</p>	<p>3 Animal Walk Walk like your favorite animals for 5 minutes. Was it hard? What muscles did you use?</p>	<p>4 Children's Eye Health and Safety Month Practice giving your eyes breaks for 20 seconds every 20 minutes looking 20 feet away.</p>	<p>5 Compliment Someone Today give someone a genuine compliment. Examples: -I like your hairstyle today. -I like how you're helpful.</p>	<p>6 Crane Pose Put your hands on the ground, lean forward and balance your knees on your elbows.</p>	<p>7 Core challenge! Complete: 10 sit ups 30 second plank Repeat 5 times!</p>
<p>8 Set aside your phone or tablet for the day. Pick an activity to do with your family or friends instead.</p>	<p>9 Muscle Relaxation Laying down, start at your head and squeeze all the muscles in your face. Hold then relax. Next, move to your shoulders, squeeze and relax. Repeat all the way down your body until you get to your toes. Watch this video.</p>	<p>10 Dance Party Try this mini dance workout: 8 jumping fist Pumps, 4 grapevines to the right, 4 grapevines to the left, 8 jumping fist pumps. Repeat. Suggested song: "Party Rock" by LMFAO</p>	<p>11 Children's Eye Health and Safety Month - Don't rub your eyes, if you feel something in them, ask a trusted adult for help. Rubbing your eyes might scratch your eyeballs or cause an infection.</p>	<p>12 Pause for Thanks Stop during the middle of a busy activity to name 5 things you are thankful for.</p>	<p>13 Arm Flexibility Stretch your arms <i>Jab, Jab, Cross</i> Jab twice with your right fist then punch across your body with your left. Complete for 30 seconds then switch sides.</p>	<p>14 Work your legs! Complete: 10 squats, 10 lunges 9 squats, 9 lunges 8 squats, 8 lunges (keep going for 7, 6, 5, 4, 3, 2, 1)</p>
<p>15 Set out your clothes for the week. Getting ready for the week can help you be less stressed in the mornings!</p>	<p>16 Mindful Senses Notice 5 things you see, 4 things you can hear, 3 things you can feel, 2 things you can smell, and 1 thing you can taste. Now, how do you feel?</p>	<p>17 Step Ups Do step ups on the nearest set of stairs. Up, up, down, down counts as one. Do 10 take a break and do 10 more</p>	<p>18 National Immunization Awareness Month Have your annual well-child visit with a doctor to update your immunizations</p>	<p>19 An Attitude of Gratitude Write down something you're thankful for and why.</p>	<p>20 Tree Pose Balance on one leg. Bend your other leg and touch your foot to your leg above or below your knee. Reach high and touch hands above your head. What kind of tree are you?</p>	<p>21 Tabata Challenge Pick an exercise and work hard for 20 seconds, then rest for 10 seconds. Need ideas?</p>
<p>22 Set your route! Map out your route to school (walk, bike, bus, drop off)</p>	<p>23 H.A.L.T.E.D. Pause and notice how you feel. Are you Hungry? Angry? Lonely? Tired? Embarrassed? Disappointed?</p>	<p>24 Keep it Up See how long you can keep a balloon or beach ball up in the air before it touches the ground.</p>	<p>25 Summer Sun Safety Month You should wear sunscreen at least SPF 30 every day.</p>	<p>26 Leave a Note 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>27 Upward Crescent Moon Pose This pose targets the lower back and shoulders. Hold for 30-60 seconds, release and repeat.</p>	<p>28 Push Ups Do as many pushups as you can from a plank position or modified plank position on your knees. Rest 10 seconds and try again 3 times.</p>
<p>29 Set the menu Make a lunch and breakfast plan for the week! MyPlate US Department of Agriculture</p>	<p>30 Mindful Snack When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you're eating. What do you notice?</p>	<p>31 Celebrate your success! Great job this month! Make up a "touchdown dance" and show a family member or friend</p>	<p>National observances here</p> <ul style="list-style-type: none"> - National Immunization Awareness Month with the CDC - Summer Sun Safety Month with the American Cancer Society - Children's Eye Health & Safety Month <p>Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)</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>Set up Sunday; Mindful Monday; Turbo Charged Tuesday (Cardio); Wellness Wednesday; Thoughtful Thursday; Flexibility Friday; Strength Saturday</p>	