

# August 2021

## Secondary Mind & Body Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1 Reset Sunday</b> Create a plan to prepare your mind and body for the week. Include a sleep schedule, hydration plan, and time for no screens.</p>	<p><b>2 Mindful Minute</b> For 60 seconds, clear your mind &amp; only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p><b>3 Step Ups</b> 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><b>4 4 Walls</b> Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps</p>	<p><b>5 Device Detox</b> Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours.</p>	<p><b>6 National Water Balloon Day</b> Fill some water balloons and play outside today!</p>	<p><b>7 National Disc Golf Day</b> Practice your Frisbee Throw with a friend or locate a disc golf course in your area.</p>
<p><b>8 Reset Sunday</b> Create a "Tech-tox" Day for yourself. This is a technology detox! Make a plan on Saturday to be off all tech devices today.</p>	<p><b>9 Mindful Minute</b> Complete a fake yawn and say "ahhh." Breathe slowly and deeply for 1 minute. Repeat the process before focusing on your tasks today.</p>	<p><b>10 Push Ups</b> 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><b>11 Go Outside</b> Spend time outside with family or friends today. Leave the cell phones at home and go for a walk.</p>	<p><b>12 Dance Fun!</b> Try this mini dance workout: 8 jumping fist Pumps, 4 grapevine to the right, 4 grapevine to the left, 8 jumping fist pumps. Repeat. Suggested song: "Party Rock" by LMFAO</p>	<p><b>13 Flip a Coin Friday</b> Heads- Perform 10 Supermans to practice getting up from your beach towel Tails- Perform a V sit-up to come out of being buried in the sand.</p>	<p><b>14 Bleachers</b> Go to your local high school's bleachers and jog up and down them. How many times can you go without stopping? No bleachers? Use stairs or jog up a hill.</p>
<p><b>15 National Relaxation Day</b> Surprise your guardians with doing some extra chores on Saturday, so you can all RELAX as a family today!</p>	<p><b>16 Mindful Minute</b> In an athletic stance, take deep breaths for 1 minute. Inhale and bring your arms up in front of you. Exhale and lower your arms down to your side.</p>	<p><b>17 Squats</b> Do 10 Squats using an athletic stance and good form. (Head and chest up, push through your heels) Rest 10 seconds and try again 3 times.</p>	<p><b>18 Tabata</b> Mountain climbers 20 seconds of work 10 seconds of rest 8 rounds</p>	<p><b>19 Cardio and Stretch</b> Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Yogi Squat post.</p>	<p><b>20 Flip a Coin Friday</b> Heads- Practice your freestyle swim moves on your belly 30 times. Tails- Practice your breast stroke on the floor 30 times.</p>	<p><b>21 Side to Side Jumps</b> Jump side to side over an imaginary line. Do as many as you can for 20 seconds rest for 10 seconds and repeat.</p>
<p><b>22 National Tell a Joke Day</b> Research 5 jokes or create 5 of your own. Then tell them to 5 different people!</p>	<p><b>23 I LOVE My Feet Day</b> Practice a Fancy Dance Move to demonstrate your coordination. Massage or soak your feet to take care of your feet.</p>	<p><b>24 Bent over Rows</b> Use a dumbbell or gallon of water/milk, lean over and pull the weight up to your chest 10 times with each arm. Rest. Repeat 3 times</p>	<p><b>25 Skaters</b> Hop to your right bringing your left foot behind you with knees bent &amp; body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p><b>26 Pause for Thanks</b> Stop during the middle of a busy activity to name 5 things you are thankful for.</p>	<p><b>27 National Just Because Day</b> Take a quick run to a friend or neighbor's house to tell them one or more compliments. It's National Just Because Day!</p>	<p><b>28 Hit the Track</b> Sprint the straights on the track and walk the curves; do this for 10 laps. Bring some music to motivate you!</p>
<p><b>29 Reset Sunday</b> Do one thing today to help prepare you for the week. Examples: -Pack your bookbag -Check your homework -Pack your lunch</p>	<p><b>30 Mindful Minute</b> For 60 seconds, clear your mind &amp; only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p><b>29 Cardio &amp; Yoga</b> Do a Cardiovascular exercise of your choice for 10 seconds today. Try the same thing with your favorite yoga pose ten times today.</p>	<p><b>National Health Observances:</b> August 7 – National Play Outside Day August 27- National Just Because Day -Children's Eye Health &amp; Safety Month -National Immunization Awareness Month</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>	