

November 2021

Secondary Health & Physical Education Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Mindful Minute Monday Pay full attention. Slow down, Notice what you're doing. Focus & Relax. bit.ly/SelfAware101	2 Dia de los Muertos Honor your relatives by taking a mindful minute and think about the things you learn from them. Click the link above to learn more about this tradition.	3 National Stress Awareness Day Start a stress log for you to see patterns in what causes stress in your life and whether you respond positively to your stressors. Here is an example of a Stress Log .	4 Thoughtful Thursday Put together a jigsaw puzzle with someone you might not typically spend time with.	5 Flip a Coin Friday Heads: Perform 5 squats. Tails: Perform a 20 second plank. Perform this challenge every time you go to the bathroom!	6 Native American Heritage Month Celebrate by learning how to play some historically Native American games with friends and family. You can use this link for info .
7 Reset Sunday Disconnect from social media create a Sunday recharge routine that will get you ready for the upcoming week.	8 Mindful Minute Monday Use a strategy to calm the mind by focusing on the body. Squeeze each muscle tight & hold that position. Relax the muscle. Part 1- bit.ly/MuscleRelaxation1 Part 2- bit.ly/MuscleRelaxation2	9 10 for Tuesday 10X Jumping Jacks, 10X Push Ups, 10X Curl Ups, 10X Supermans, 10X Squats (Repeat , 2, or 3 times)	10 Workout Wednesday- Mindful Movements Part 2: I AM The Champion Mindful Movement Link for Nov 11th	11 Thoughtful Thursday Write a bucket list of 50 things you want to do in your life.	12 Flip a Coin Friday Heads: Perform 10 straight punches with your right and left hands. Tails: Perform 10 straight kicks with each leg. Perform this challenge every time you walk a flight of stairs.	13 World Kindness Day Leave a nice note for someone to find. Examples: -You have a nice smile -Thank you for being a good friend. -You're fun to play with
14 National Diabetes Awareness Day Celebrate with a piece of fruit for dessert and pay special attention to how much sugar you consume today.	15 Mindful Minute Monday Pause. Be present. Focus on your breathing & be present in the moment.. bit.ly/Mindful_Minute	16 10 for Tuesday Hold for 10 seconds each - Right Side Plank, Left side plank, Superman, Rest (Repeat 10 times)	17 National Take a Hike Day- Use this link for information relating to historic trails and areas used by Native Americans. Hike to local Native American trails and landmarks in your area.	18 Thoughtful Thursday Find a coloring sheet and take a few minutes to color.	19 Flip a Coin Friday Heads: Perform 10 full sit-ups. Tails: Perform 10 bicycle kicks. Complete this challenge every time someone mentions the holidays.	20 Super Saturday Toss a football around with friends or family. Practice some defense and passing routes in preparation for Thanksgiving Day football games!
21 Reset Sunday Go the whole day without using a phone, tablet, or computer. S3.E1	22 Mindful Minute Monday The process of becoming stronger & more confident, especially in controlling one's life and claiming one's rights. bit.ly/PowerThroughEmpowerment	23 10 for Tuesday 10X Walking Lunges, 10X Squats, 10X Walking Lunges, 10X Squats, 10X Front Kicks (Both Legs)	24 Workout Wednesday- Finally Putting it all together with the music:) Let's do this:) Mindful Movement Link for Nov 25th	25 Thanksgiving Day Tell someone why you are thankful for them, and follow it up with a hug or high five.	26 Flip a Coin Friday Heads: Push against a door frame with the back of your hands as hard as you can for 20 seconds. Tails: Hold yourself in the low push-up position for 20 seconds. Perform this challenge before and after each meal.	27 Super Saturday Walk every room in your house, in your garage, and the area surrounding your house. Look for things to pick up, clean, or organize. Your family will appreciate the help you give without being asked to do so!
28 Reset Sunday Rehydrate by creating Detox Water. Look for recipes offered by reputable online sources.	29 Mindful Minute Monday Positivity Challenge- The Power of the words we Speak. bit.ly/POWERofWords	30 National Personal Space Day Pick an activity that you can do on your own. This could be going for a run, shooting hoops, or journaling. Consider how you feel when you do things on your own. Take a minute to appreciate your time spent appropriately spaced with others as well as time spent when creating your own personal space.	National Health Observances: <ul style="list-style-type: none"> National Gratitude Month American Diabetes Month Native American Heritage Month 4th National Stress Awareness Day 13th World Kindness Day 17th National Take a Hike Day 30th National Personal Space Day Yoga Images from www.forteyoga.com 		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!	