




| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|---|--|
| <p>1 Set a goal How many days can you be active in November? Tell a grown-up at home your goal, and write it in this square. S3.E1</p>  | <p>2 "Thriller" Dance click here for video Celebrate "Day of the dead" by doing the Thriller Dance! S1.E5</p> | <p>3 Home locomotor challenge Touch every wall in your home. For each wall, use a different locomotor (run, skip, hop, leap) S1.E1</p> | <p>4 Hydration Every time you have a glass of water, record a tally mark. S3.E6</p> | <p>5 Get Outside Pick a tree, how many jumps does it take to get there? How fast can you run around your house? Which pathway (curve, straight, zig zag) is fastest? S2.E2</p> | <p>6 Yoga Cat Pose On all fours round your back pulling your spine towards the ceiling while looking at the ground. S1.E10</p>  | <p>7 Create A Game Use your imagination and make up a game using a ball, a sock, and a jump rope. S3.E1</p> |
| <p>8 Teach and play the game How did you feel when you finished? How did you show respect to yourself and others? S5.E4</p> | <p>9 Favorite activities Draw or write 3 of your favorite ways to stay active. Rank them from 1st favorite to 3rd favorite. Who taught you how to do these activities? Tell them "Thank You!" S5.E3</p> | <p>10 Music Break Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished? SEL (Self-awareness)</p> | <p>11 Alone or together? What is one physical activity you enjoy doing alone? How about one with others? Choose one to do! S5.E3</p> | <p>12 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 in honor of Veterans Day. SEL (Self-management)</p> | <p>13 Leave a Note Celebrate World Kindness Day by leaving 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 SEL (Social Awareness)</p> | <p>14 National Diabetes Awareness Day Celebrate with a piece of fruit for dessert. S3.E6</p> |
| <p>15 Seek Adventure What is one activity you have wanted to try? Go try it! How is learning a new activity challenging? S5.E2</p> | <p>16 Recess Ask an adult to show you their favorite physical activity at recess. Do you play this activity during your recess? S3.E1</p> | <p>17 Cow Pose On all fours arch your back with your head looking up while your tummy is pushed toward the ground. S1.E10</p>  | <p>18 Toss and catch challenge Find an object to toss and catch. Come up with three different ways to make it more challenging. Which was your favorite? S1.E16</p> | <p>19 Family challenge! Challenge a family member to a "Plank Contest". What muscles got stronger? Record your time and celebrate with a fun dance! S3.E1</p> | <p>20 National Hiking Day Climb! Find stairs or a hill. How many times can you go up and down? S3.E1</p> | <p>21 No Screen Saturday Go the whole day without using a phone, tablet, or computer. S3.E1</p> |
| <p>22 Hydration Experts say to drink 4-6 glasses of water per day. Were you able to get more glasses of water than last time? Do you feel better? S3.E6</p> | <p>23 Family responsibilities Choose an activity that helps the family, but also benefits your body. (vacuuming, raking leaves, taking out garbage). What did you do? S3.E1</p> | <p>24 Family Walk Take the family out for a walk together. Can you learn three new things about each person? SEL (Relationship skills)</p> | <p>25 Jump rope to music! Can you jump to an entire song without stopping? S1.E27</p> | <p>26 A Gratitude Attitude Write down something you're thankful for and why in honor of Thanksgiving. SEL (Social awareness)</p> | <p>27 Pump it up! Find a partner to make a wheel barrel. How far can you go? Which muscles got stronger? S3.E1</p> | <p>28 Go outside Create your own obstacle course. Be sure to include going "under, over, and around". Choose three different movements to complete the obstacle course. S2.E2</p> |
| <p>29 Just play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you. S3.E1</p> | <p>30 Celebrate! Celebrate your success by picking your favorite activity on the calendar. Star on your favorite, heart on the one that made your heart beat fastest, smiley face one that made you content/calm. S3.E1</p> | <p>National Health Observances:</p> <ul style="list-style-type: none"> • National Gratitude Month • American Diabetes Month • Lung Cancer Awareness Month • 4th National Stress Awareness Day • 13th World Kindness Day • 17th National Take a Hike Day • 30th National Personal Space Day | | | <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> | |

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