


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30 Try this mini dance workout:</p> <ul style="list-style-type: none"> 8 jumping fist pumps 4 grapevine to the right 4 grapevine to the left 8 jumping fist pumps <p>Repeat Suggested song: "Party Rock" byLMFAO</p>	<p>31 Step Ups</p> <p>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>National Health Observances:</p> <ul style="list-style-type: none"> -Children's Eye Health & Safety Month -National Immunization Awareness Month 		<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>1 Happy Baby Pose</p> <p>Straighten your legs for an added challenge.</p> 
<p>2 Kick City</p> <ul style="list-style-type: none"> 10 side kicks 10 front kicks 10 back kicks <p>Be sure to do 10 on each side!</p>	<p>3 Star Jumps</p> <p>Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>4 Compliment Someone</p> <p>Today give someone a genuine compliment. Examples:</p> <ul style="list-style-type: none"> -I like your hairstyle today. -I like how you're helpful. 	<p>5 4 Walls</p> <p>Face each wall in a room and do a different exercise for 30 seconds</p> <ul style="list-style-type: none"> -side shuffle -grapevine to left then right -wide stance punches -vertical jumps 	<p>6 Device Detox</p> <p>Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours.</p>	<p>7</p> <p>Just get out and play! Hide-and-peek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</p>	<p>8 Sidewalk Chalk Balance</p> <p>Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing.</p>
<p>9 Bear Walk</p> <p>With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.</p>	<p>10 Crazy 8's</p> <ul style="list-style-type: none"> 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps 	<p>11 Try this mini dance workout:</p> <ul style="list-style-type: none"> 8 jumping fist pumps 4 grapevine to the right 4 grapevine to the left 8 jumping fist pumps <p>Repeat Suggested song: "Party Rock" byLMFAO</p>	<p>12</p> <p>Along the sidewalks alternate between skipping, speed walking, and jogging.</p>	<p>13 Star Gazing</p> <p>Sit outside with an adult when it's dark and look up at the sky. What do you notice? How many stars can you see? What noises do you hear? Do you smell anything?</p>	<p>14 Long Jump</p> <p>Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go.</p>	<p>15 Side to Side Jumps</p> <p>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>16 Sunday Prep</p> <p>Do one thing today to help prepare you for the week. Examples:</p> <ul style="list-style-type: none"> -Pack your bookbag -Check your homework -Pack your lunch -Pick out your clothes for the week 	<p>17 Nighttime Note</p> <p>Empty your mind before you go bed by writing a note about what you're thinking and leave it for tomorrow.</p>	<p>18 Play Catch</p> <p>Grab any kind of ball and play catch with a family member or friend. Keep your eyes on the ball and catch it with your hands not your body.</p>	<p>19</p> <p>Just get out and play! Hide-and-peek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</p>	<p>20 Before Bed Breathing</p> <p>While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.</p>	<p>21 Crab Walk</p> <p>Try crab walking around your living room. Gather family members or friends and have a race.</p>	<p>22 Toe Fencing</p> <p>With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p>
<p>23 Crazy 8's</p> <ul style="list-style-type: none"> 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps 	<p>24 Star Jumps</p> <p>Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>25 I, Spy Walk</p> <p>Go for a walk with your family while playing a game of I, Spy.</p>	<p>26 Wake and Shake</p> <p>As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.</p>	<p>27 Pause for Thanks</p> <p>Stop during the middle of a busy activity to name 5 things you are thankful for.</p>	<p>28 Mindful Minute</p> <p>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>29 Locomotor Sidewalk</p> <p>Along the sidewalks alternate between skipping, speed walking, and jogging.</p>