

# December 2020

## Elementary Mind & Body Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>National Health Observances:</b> <ul style="list-style-type: none"> <li>Safe Toys and Gifts Month</li> <li>1 – National Day of Giving (#GivingTuesday)</li> </ul> <p>Yoga Images from <a href="http://www.forteyoga.com">www.forteyoga.com</a></p>	<b>1 Bowling</b> Set up some empty bottles or cans and try to knock them down. Can you get a spare? Strike?	<b>2 Pretzel Race</b> Stand on your left leg, lift your right leg and cross it in front of your left knee, and cross your arms in front of your body. Hop in your pretzel position to the finish line!	<b>3 Muscle Relaxation</b> 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.	<b>4</b> Have your kids help you make a healthy dinner. Be sure to include fruits and vegetables!	<b>5 Happy Day</b> Set the tone of your day with a positive affirmation.	
<b>6</b> Make up a dance routine using 8-12 steps.  Practice the dance then teach it to someone else!	<b>7 Jump Rope</b> Try Single Side Swing and Jump! Twirl the rope to the left side, jump over rope; twirl the rope to the right side, jump over rope. Repeat 10 times.	<b>8</b> It's holiday season!  Have your kids help you hang up lights and decorations both indoors and outdoors.	<b>9 Clean Up Race</b> Set a timer or put on a song and see how quickly you can clean up a room in the house. Have a friend or sibling? Each pick a room to clean and race each other!	<b>10 Inch Worm</b> Stand up and bend at the hips. Walk your hands out until you are in plank position. Walk your feet forward to meet your hands and stand back up. Repeat 8-10 times.  <span style="color: blue;">Hanukkah begins at sundown</span>	<b>11 Mother May I</b> Some suggestions include galloping three times, leaping twice, skipping four times, sliding three times, and running for three seconds.	<b>12 Animal Races</b> Hop like a bunny, squat and waddle like a duck, and slither like a snake.  Remember the bear walks and walrus crawls from last month? Do those, too!
<b>13</b> Practice your right leg split, left leg split, and middle split. Hold each one for 30 seconds.	<b>14 Boat Pose</b> Hold Boat Pose three times for 15 seconds. Practice a pose from last month, too!  	<b>15 Community Service</b> Go buy a <b>safe</b> toy(s) with your family and donate it. Discuss ways to prevent blindness.	<b>16 Mindful Snack</b> 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?	<b>17 Push over Mom and Dad!</b> Have your parent plant their feet and see if you can budge them. If you move a foot, you win!	<b>18</b> 10 arm circles (forward and backward) 10 shoulder shrugs (forward and backward) 10 standing trunk rotations (hands on hips or straight out to side). <span style="color: blue;">Hanukkah ends</span>	<b>19 Stay Hydrated</b> Take extra time to drink eight 8oz. glasses of water today. At the end of the day, how do you feel?
<b>20</b> Watch a holiday movie with the family!  Jog in place during the commercials.	<b>21 Bundle up</b> Take a night-time stroll with the family and look at all the amazing holiday lights and decorations!	<b>22 Thank You Dinner</b> Before eating dinner, say thank you for the food in front of you.	<b>23 Dolphin Pose</b> Like downward dog, but on your forearms. Hold Dolphin Pose three times for 15 seconds.  	<b>24 Popcorn Push-ups</b> Put a small bowl of popcorn on the floor. Each time you lower yourself down in a push-up, stick out your tongue and take a bite!	<b>25</b> How many times can you keep a balloon up without it hitting the floor?  Try and beat your score each time you play!	<b>26 Nighttime Note</b> Empty your mind before you go to bed by writing a note about what you're thinking and leave it for tomorrow. <span style="color: blue;">Kwanzaa begins</span>
<b>27</b> Kick a soccer ball or kickball back and forth with a partner.  Practice using both feet.	<b>28</b> Pretend you're the fastest sprinter in the world! Challenge a friend or family member to a race.	<b>29 Mindful Minute</b> For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	<b>30 Music Break</b> Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished?	<b>31</b> Give your favorite activity this month another try and write down 2-3 physical activity goals you would like to accomplish in 2020.	<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.</p> <p><small>Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)</small></p>	