

February 2021

Elementary Mind & Body Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1 Musical Frogs This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).</p>	<p>2 Yogi Squat Pose Hold for 30 seconds rest and repeat.</p> 	<p>3 Limbo Grab a broom stick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?</p>	<p>4 Boat Pose Hold Boat Pose three times for 15 seconds.</p> 	<p>5 Toe Fencing With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p>	<p>6 A Quarter's Worth How much is a quarter worth? Complete 25 of the following: Skip Jump Lift Knees Walk backwards</p>
<p>7 Along the sidewalks alternate between skipping, speed walking, and jogging.</p>	<p>8 Fish Pose Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.</p> 	<p>9 I, Spy Walk Go for a walk with your family while playing a game of I, Spy.</p>	<p>10 Crawl Like a Seal Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.</p>	<p>11 Put your favorite song on and make up a dance or fitness routine!</p>	<p>12 Set the Menu Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.</p>	<p>13 Yogi Squat Pose Hold for 30 seconds rest and repeat.</p> 
RANDOM ACTS OF KINDNESS WEEK						
<p>14 Read and discuss Read the book <u>Have You Filled a Bucket Today?</u> by Carol McCloud, which is also a <u>YouTube video</u>. How can you fill people's buckets this week?</p>	<p>15 Call a friend Call a friend or family member to check in on how they are doing.</p>	<p>16 Smile Smile at everyone you see today.</p>	<p>17 Random Act of Kindness Day Do an act of kindness for someone & encourage them to pay it forward.</p>	<p>18 Make a thank you card Make a thank you card for a teacher, caregiver or family member</p>	<p>19 You First Let someone go before you on the playground, in a store, or anywhere else you can think of!</p>	<p>20 Help around the house Do something helpful around the house like clean your room, take out the trash or fold laundry.</p>
<p>21 Compliment Someone Today give someone a genuine compliment. Examples: -I like your hairstyle today. -I like how you're helpful.</p>	<p>22 Double Duty Go for a walk with a parent/guardian and bring a plastic bag. Pick up paper or trash you see along your walk.</p>	<p>23 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x</p>	<p>24 Crane Pose Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows.</p> 	<p>25 Bear Walk 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>26 4 Walls 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>27 Downward Dog Hold three times for 20 seconds. Try lifting one leg for an even greater challenge!</p> 
<p>28 Read & Move Pick a book to read and select an "action word" that will be repeated often. When the "action word" is read stand up and sit down.</p>		<p>National Health Observances:</p> <ul style="list-style-type: none"> American Heart Month National Children's Dental Health Month Teen Dating Violence Awareness Month Random Acts of Kindness Week – 14th -20th Random Acts of Kindness Day – 17th <p>Yoga pictures from www.forteyoga.com</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>	