

# October 2022

## Health Literacy Month Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>30 Be Inclusive</b> Invite a classmate you don't really know to join you in an activity.</p>	<p><b>31 Tweet</b> Tweet this link <a href="http://bit.ly/2xEVnSF">http://bit.ly/2xEVnSF</a> to your friends and family so that they are aware of Health Literacy Month.</p>	<p><b>National Health Observances:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Breast Cancer Awareness</a></li> <li>• <a href="#">Domestic Violence Awareness</a></li> <li>• <a href="#">Bullying Prevention Month</a></li> <li>• <a href="#">5th - National Do Something Nice Day</a></li> <li>• <a href="#">5th National Walk &amp; Bike to School Day</a></li> <li>• <a href="#">10th - World Mental Health Day</a></li> </ul> <p>Yoga images from <a href="http://www.forteyoga.com">www.forteyoga.com</a></p>				<p><b>1 Frugal Fun Day!</b> Find something fun to do that doesn't cost money. Make it a free adventure</p>
<p><b>2 Upward Crescent Moon Pose</b> This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat.</p> 	<p><b>3 Mindful Minute Mondays</b> For 60 seconds, clear your mind &amp; only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p><b>4 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?</p>	<p><b>5 National Do Something Nice Day</b> Send a <a href="#">free card</a> to a sick child at St. Jude's or your local children's hospital.</p>	<p><b>6 Mindful Coloring</b> Take some time and <a href="#">color a picture</a> today.</p>	<p><b>7 Virtual Tour</b> Take a virtual tour of <a href="#">San Diego Zoo</a>.</p>	<p><b>8 Walk and Talk</b> Take a walk with your parents or an adult who takes care of you about what to do if you are bullied or see someone being bullied.</p>
<p><b>9 Read &amp; Move</b> Listen to a free <a href="#">audible book</a> while you go for a walk, take a jog or clean up.</p>	<p><b>10 World Mental Health Day</b> I'm awesome! Write down three things about yourself you're proud of. <a href="#">Learn more about World Mental Health Day</a>.</p>	<p><b>11 National Coming Out Day</b> Whether you're lesbian, gay, bisexual, transgender or queer, be proud of who you are and your support for LGBTQ equality this Coming Out Day!</p>	<p><b>12 Sudoku</b> Play a game of <a href="#">Sudoku</a></p>	<p><b>13 Device Detox</b> Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours. But first <a href="#">check out this video!</a></p>	<p><b>14 Walking Race</b> Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p><b>15 Global Handwashing Day</b> Share <a href="#">this video</a> with family and friends about handwashing!</p>
<p><b>16 Side Seated Angle Pose</b> Hold for 30-60 seconds on each side to target the hamstrings and calves.</p> 	<p><b>17 Mindful Minute Mondays</b> For 60 seconds, clear your mind &amp; only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p><b>18 Try Something New</b> Try something new today like <a href="#">origami</a>. Was it challenging? Would you do it again? Why is it good to try new things?</p>	<p><b>19 Just play!</b> Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</p>	<p><b>20 Positive Talk Thursday</b> Be sure to talk to yourself today like you would talk to someone you love. Here are some <a href="#">positive affirmations to try</a>.</p>	<p><b>21 Yoga Combo</b> Practice <a href="#">stress management yoga</a> with Adriene.</p>	<p><b>22 Mindful Video</b> Spend a few minutes watching this <a href="#">rare &amp; colorful sea life video</a>. What do you notice? How do you feel after the video?</p>
<p><b>23 Create a Dance</b> Make up a dance to your favorite song. Be sure to include a jump, a slide and a spin. Or try this <a href="#">Hip Hop dance</a> routine</p>	<p><b>24 Mindful Minute Mondays</b> For 60 seconds, clear your mind &amp; only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p><b>25 Virtual Tour</b> Take a virtual tour of <a href="#">Yosemite</a></p>	<p><b>26 Give a Compliment</b> Today give someone a genuine compliment. Examples: -I like your hairstyle today. -I like how you're helpful.</p>	<p><b>27 Prep</b> Do one thing today to help prepare you for tomorrow. Examples: -Pack your bookbag -Check your homework -Pick out your clothes</p>	<p><b>28 Look It Up</b> What are benefits of practicing self-care or mindfulness skills? Find a valid website that gives accurate and reliable health information and share that information with your family and friends.</p>	<p><b>29 Spend Time with Nature</b> Go into nature and practice what the Japanese call <a href="#">Forest Bathing</a></p>