

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1 Mindful Minute</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. <b>Self-Injury Awareness Day</b></p>	<p><b>2</b> Try and sprint from one end of your street to the other. Have a family member time you.</p>	<p><b>3 Mindful Minute</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</b> 5 walking lunges 5 jumping split squats 5 jump squats  3 times through</p>	<p><b>5 Partner Challenge</b> Sit back to back with a friend and link arms. Try to stand up without unlinking arms.</p>	<p><b>6 Fitness Intervals</b> 10 squats 10 broad jumps 10 second sprints 10 pushups 10 sit-ups <b>National Day of Unplugging (starts at sundown)</b></p>	<p><b>7 Jab, Jab, Cross</b> Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides. <b>National Day of Unplugging (ends at sundown)</b></p>
<p><b>8 Sugarcane Pose</b> Hold Sugarcane Pose for 30 seconds on each side.</p> 	<p><b>9 Limbo</b> 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><b>10 Crazy 8's</b> 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p><b>11 Between the Knees</b> Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees.</p>	<p><b>12 Happy Baby Pose</b> Straighten your legs for an added challenge.</p> 	<p><b>13 Toe Fencing</b> With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped. <b>National Good Samaritan Day</b></p>	<p><b>14 Chest Pass</b> Practice your chest passes against a brick wall. Remember to step towards your target.</p>
<p><b>15</b> Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds.</p>	<p><b>16 Mindful Minute</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>17 Code Words</b> While watching TV any time you hear the code words complete 10 jumping jacks. <b>Code words:</b> green, St. Patrick's Day, lucky, leprechaun</p>	<p><b>18 Mindful Minute</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>19 Pretend!</b> Pretend to: -Sit in a chair for 10 seconds -Shoot a basketball 10 times - Ride a horse -Be a frog -Lift a car</p>	<p><b>20 Jump, Jump</b> Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.</p>	<p><b>21 Walking Race</b> Pick a distance and challenge a friend to a speed walking race. No running!</p>
<p><b>22 Dance, Dance</b> Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>	<p><b>23</b> Complete 25 of the following: High Skip Squat Jumps High Knees Walk backwards</p>	<p><b>24 Squat with Kicks</b> Complete a squat when standing kick one leg forward. Be sure to alternate legs on each squat. Complete 10.</p>	<p><b>25 Fitness Intervals</b> 10 squats 10 broad jumps 10 second sprints 10 pushups 10 sit-ups</p>	<p><b>26 Do this:</b> -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds</p>	<p><b>27 Set the Menu</b> Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.</p>	<p><b>28 Vertical Jump</b> Jump as high as you can for 30 seconds. Repeat.</p>
<p><b>29 Ragdoll Pose</b> Hold Ragdoll Pose for 30 seconds. Repeat.</p> 	<p><b>30 Jab, Jab, Cross</b> Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p>	<p><b>31 Mindful Minute</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>National Health Observances:</b></p> <ul style="list-style-type: none"> <li>National Nutrition Month</li> <li>1<sup>st</sup>- Self-Injury Awareness Day</li> <li>6<sup>th</sup> -7<sup>th</sup> National Day of Unplugging (sundown-to-sundown)</li> <li>13<sup>th</sup> National Good Samaritan Day</li> </ul> <p>Yoga pictures from <a href="http://www.forteyoga.com">www.forteyoga.com</a></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>	