




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Mountain Climbers Try mountain climbing for 60 seconds to get off a good start.	2 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	3 Seated Tree Pose Seat on a chair, bring your right leg up, point your knee out toward the side, and place your right foot on top of your left thigh. Repeat another side.	4 Mindful Snack 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?	5 4 Walls Face each wall in a room and do a different exercise for 30 seconds -wide stance punches -static lunge -side shuffle -vertical jumps	6 Walk and Talk Take a walk with your parents or an adult who takes care of you about what to do if you are being bullied or see someone being bullied.
7 World Health Day Let's celebrate this day by thinking of a specific health topic and discussing with your family what you can do to make it better.	8 Walking Race Pick a distance and challenge a family member/friend to a speed walking race. No running!	9 Musical Frogs This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).	10 Just Play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!	11 Before Bed Breathing While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.	12 Dribble Challenge Dribble a ball (any type) 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?	13 Add Color to your Plate Try to eat a variety of colorful fruits and veggies. Think of what you ate today and name it!
14 Play Catch Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands	15 Wild Arms As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's Repeat 3x	16 Mindful Senses What do you notice around you? Find: 5 things you see 4 things you feel 3 things you hear 2 things smell 1 thing you taste	17 Crab Walk Try crab walk for one minute and have a race if you can find a family member to play with.	18 Family Dinner Project Prepare dinner with your family and let everyone add their choice of toppings to the soup or their plate.	19 Inchworms Keep your legs straight, place your hands on the ground, walk them into push-up position, and walk your legs up.	20 Garland Pose Practice your balance with this pose! 
21 Read Read with a family member or to yourself	22 Commercial Break Can you hold a plank for an entire TV commercial break?	23 Wake and Shake As soon as you get out of bed, shake your body any way you like for 10 seconds. Are you up now? Good! Now touch your head, shoulders, knees, and toes 10 times.	24 Chair Pose Hold for 30 seconds, relax then repeat 3 times. 	25 Positive Talk Be sure to practice positive self-talk today. For example, "I am doing well on..." or "I will give it my best shot." Grab a post-it, write it down and stick it by your bed	26 Jump, Jump Jump side-to-side over an object or line for 30s straight. Go again, but jump front to back. Repeat each jump twice.	27 Just Dance Put your favorite song on and make up a dance or fitness routine!
28 Savasana Try Savasana. Use this to relax and wind down all year! 	29 Mindful Coloring Take some time and color a picture today. Use the templates or just grab some paper!	30 A Gratitude Attitude Write down something you're thankful for and why.	National Health Observances National Autism Acceptance Month National Minority Health Month National Distracted Driving Awareness Month Stress Awareness Month Sexual Assault Awareness Month April 7: World Health Day		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. Yoga photos from www.forteyoga.com	