


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>1 New Year's Day: Set a goal How many days can you be active in January? Tell a grown-up at home your goal and write it in this square.</p>	<p>2 Low Lunge Pose Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p> 	<p>3 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>4 Bowling! Set up some empty bottles or cans and try to knock them down. Can you get a strike?</p>	<p>5 I'm Awesome! Write 3 things about yourself that you're proud of. SEL (Self-awareness)</p>	<p>6 Stay Hydrated Take extra time to drink eight 8oz. glasses of water today. At the end of the day, how do you feel</p>	<p>7 Balloon Bounce Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner.</p>	
<p>8 Dance & Shake Put on your favorite songs and dance to get your heart moving and to have fun!</p>	<p>9 Favorite activities Do an activity that works your muscles. Do an activity that makes you happy. Do an activity that gets you energized.</p>	<p>10 Skaters Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p>11 Partner Challenge Sit back to back with a friend and link arms. Try to stand up without unlinking arms.</p>	<p>12 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p>13 Crabby Clean Up Tidy up while walking like a crab! Carry items on your belly across the room to put them away.</p>	<p>14 Hands & Knees Balance Pose Hold for 30-60 seconds, switch sides and repeat</p> 	
<p>15 Flexible Alphabet Can you make your body look like every letter in the alphabet?</p>	<p>16 Be Inclusive Invite a classmate you don't really know to join you in an activity. Martin Luther King, Jr. Day</p>	<p>17 Army Crawl Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.</p>	<p>18 Crazy 8's 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>	<p>19 Lungs are for Breathing! Do 30 star jumps, then do 10 push-ups. Circle which one made you breathe harder.</p>	<p>20 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 jump up and down 10 times.</p>	<p>21 Ask your family to pick an activity to help around the house, but also benefits your body (vacuuming, raking leaves, taking out garbage). What did you do?</p>	
<p>22 Thank You Dinner Before eating dinner, say thank you for the food in front of you.</p>	<p>23 Skaters Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p>24 Sunday Prep Do one thing today to help prepare you for the week. Examples: -Pack your backpack -Check your homework -Pick out your clothes for the week</p>	<p>25 Toss and catch challenge Find two small objects to toss and catch. Can you toss and catch them at the same time?</p>	<p>26 Downward Dog This pose stretches your hamstrings (back of legs), calves and back. Hold for 30-60 seconds, release and repeat.</p>	<p>27 Wednesday WOW Give a compliment. It only takes one sentence. SEL (Self-awareness)</p>	<p>28 Just play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you.</p>	
<p>29 Positive Talk Be sure to talk to yourself today like you would talk to someone you love.</p>	<p>30 Vitamin D Go outdoors to get vitamin D today and draw what you did outside.</p>	<p>31 Parachute With friend or family member use a bed sheet like a parachute in PE. Lift up and down to move air underneath the sheet.</p>	<p>NATIONAL HEALTH OBSERVANCES</p> <p>National Blood Donor Month</p> <p>Yoga images 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>	