

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>National Health Observances:</b> <a href="#">National Autism Acceptance Month</a> <a href="#">National Minority Health Month</a> <a href="#">National Distracted Driving Awareness Month</a> <a href="#">Stress Awareness Month</a> <a href="#">Sexual Assault Awareness Month</a> Check-out other Awareness Months at <a href="#">National Today</a>			<a href="#">SHAPE America Convention</a> April 26-30 New Orleans		<b>1 Yoga</b> Yoga is a great way to relieve stress. Try <a href="#">Savasana</a> , considered to be the hardest yoga pose! Fully relax & clear your mind.	<b>2 Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.
<b>3 Crane Pose</b> Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows.	<b>4 Mindful Minute Mondays</b> For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	<b>5 Before Bed Breathing</b> While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.	<b>6 Mindful Coloring</b> Take some time and color a picture today.	<b>7 World Health Day</b> Theme: Universal Health Coverage	<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.	<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.
<b>10 Fish Pose</b> Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds	<b>11 Mindful Minute Mondays</b> For 60 seconds, clear your mind & only focus on your breathing.	<b>12 Sudoku</b> Play a game of <a href="#">Sudoku</a>	<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 check <a href="#">out this video!</a>	<b>14 Walking Race</b> Pick a distance and challenge a friend to a speed walking race. No running!	<b>15 Jump rope to music!</b> Can you jump to an entire song without stopping?	<b>16 Side Seated Angle Pose</b> Hold for 30-60 seconds on each side to target the hamstrings and calves.
<b>17 Mindful Senses</b> 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.	<b>18 Mindful Minute Mondays</b> For 60 seconds, clear your mind & only focus on your breathing.	<b>19 Just play!</b> Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!	<b>20 Positive Talk</b> Be sure to talk to yourself today like you would talk to someone you love.	<b>21 Yoga Combo</b> Practice stress management yoga <a href="#">with Adriene</a> .	<b>22 Mindful Video</b> Spend a few minutes watching <a href="#">this</a> rare & colorful sea life video. What do you notice? How do you feel after the video?	<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 Hip Hop dance routine.
<b>24 Nighttime Note</b> Empty your mind before you go to bed by writing a note about what you're thinking and leave it for tomorrow.	<b>25 Mindful Minute Mondays</b> For 60 seconds, clear your mind & only focus on your breathing.	<b>26 A Gratitude Attitude</b> Write down something you're thankful for and why.	<b>27 Garland Pose</b> Practice your balance with this pose!	<b>28 Look It Up</b> What are benefits of practicing self-care or mindfulness skills? Find a website that health information and share with your family and friends.	<b>29 Journal</b> Create a journal to relieve stress.	<b>30 Try Savasana again.</b> Use this to relax and wind down all year!

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.