




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Health Observances: <ul style="list-style-type: none"> National Courtesy Month National Self-Care Awareness Month National Suicide Prevention Month Fruit and Veggies – More Matters Month National Childhood Obesity Awareness Month National Yoga Awareness Month 		<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. Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)</p>		1 Underhand Toss Practice Empty a laundry basket and practice tossing a small object inside. Take a step back each time you make it.	2 Stay Active Be active during recess; don't just walk or sit and talk with friends. Be active at home; go outside, run and play.	3 Let's Move Get a pedometer to motivate you to move! Walk, run, play soccer, play tag games and count your steps! Remember to eat a balanced diet and get enough sleep.
4 5 Finger Breathing Trace your fingers as you breathe 	5 Get 60! Walk or Roll for 60 minutes.  Walk/Roll	6 Labor Day Track Your Water Drink at least 8 cups of water.	7 Room Dance Challenge Pick a song and dance to it in each room of your house!	8 Spread Kindness Do something nice for someone in your family.	9 Paper Plate Skills Place two paper plates under your feet & try different skills: Boxing, Clap, Twist, Tap body parts, roller skating or moonwalking, snowplow. Can you make up your own paper-plate skills?	10 Let's Get Movin'! Give each room in your house an exercise. When you enter that room, do that exercise. Do for each room you enter!
11 Get Your ZZZ's Give your body & brain time to recover. Shut down electronics at least an hour before bed! Try to get 7-8 hours of sleep daily.	12 Trash Pick Up Go for a walk today and bring along a bag to pick up trash along the way. See how much you can collect.	13 Crazy 8's 8 jumping jacks 8 star jumps 8 high knees 8 scissor jumps	14 Young Chef Help with a home cooked meal.	15 Dance Party Have an impromptu dance party today with your family or friends.	16 Greetings Wave HI on a walk or to another person.	17 Body Awareness Creep backward, forward bear crawl, Gallop, Slide along the floor, Crabwalk, Hopping
18 Family Fun Take your dog for a walk or try a new physical activity with a family member!	19 Reduce. Reuse. Recycle. How many ways can you help reduce waste? What can you reuse or recycle? Try one of these: Use a reusable lunch bag Turn off lights Limit paper towel use Separate your recycling	20 Zoom in On Your Mindset Ever find yourself feeling a bit anxious or stressed out? Stop. Inhale. Exhale. Tune in. Observe. Inhale. Exhale. Proceed.	21 Strength Jackpot 1. Abdominal challenges 2. Pushup challenges 3. AMAP power jumpers 4. AMAP crab kicks 5. AMAP jump ropes AMAP = As Many As Possible	22 Eat a Rainbow Create a meal that has as many colors of the rainbow as possible! 	23 Dance Walker Go for a walk inside or outside and dance as you walk!	24 Be Nice Say thank you to 5 people.
25 Balance Challenge Go into each room of your house and try to balance on 1 leg for 1 minute or as long as possible. Switch legs.	26 Physical Activity Blast! Your body is meant to MOVE! Choose one: Ride your bike, Jump on the trampoline, Play catch, shoot hoops, play frisbee, Jump rope, or create an obstacle course.	27 Limber Commercial Stretch for at least 10 minutes during commercial breaks while watching TV.	28 Snack Attack Add a new veggie to your snack. What does it taste like? How does this food help your body grow?	29 Dance Dance Create a dance to a favorite song. Try to show it or teach it to someone as well.	30 Call & Connect Call a friend or family member you haven't talked to yet this week to say hello and wish them a wonderful day.	

