

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 		1 Two for Tuesday: <i>Arm Flexibility</i> Stretch your arms <i>Jab, Jab, Cross</i> Jab twice with your right fist then punch across your body with your left. Complete for 30 seconds then switch sides.	2 Wellness Wednesday <i>Breaking Yoga Down this Month:</i> Mountain ½ moon, Goal post Forward Bend Plank Link	3 Thoughtful Thursday <i>Compliment Someone</i> Today give someone a genuine compliment. Examples: -I like your hairstyle today. -I like how you're helpful.	4 Fun Friday <i>Flip a Coin Friday:</i> -Flip a coin -Heads: perform 5 squats. -Tails: perform a 20 second plank.	5 Super Saturday <i>Music Break</i> Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished?
6 Reset Sunday <i>Self-Care</i> Commercial Stroll During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!	7 Mindful Monday 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.	8 Two for Tuesday: <i>Balance</i> Stand on your right leg and lift your left knee at a 90-degree angle. Touch your toe without falling repeat 10 times then switch sides	9 Wellness Wednesday <i>Adding on:</i> Sphinx Downdog Hop forward Monkey Forward Bend Mountain Link	10 Thoughtful Thursday <i>A Gratitude Attitude</i> Write down something you're thankful for and why.	11 Fun Friday <i>Flip a Coin Friday:</i> -Heads: perform 10 straight punches with your right hand and ten straight punches with your left hand. -Tails: perform ten straight kicks with your left foot and ten straight kicks with your right foot.	12 Super Saturday Find a socially distanced space outside with your family. Have each person choose five animals to imitate without using words or noises. The person(s) who receives the most correct guesses is the winner!
13 Reset Sunday <i>Self-Care</i> Stay Hydrated! Take extra time to drink eight 8oz. glasses of water today. At the end of the day, how do you feel?	14 Mindful Monday Better Breathing Take a Deep breath. Empower your mind, body and soul through utilizing better breathing. This type of breathing can help you calm down and feel better if you are overwhelmed.	15 Two for Tuesday: <i>Jump, Jump</i> Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.	16 Wellness Wednesday <i>Adding on:</i> Downward Dog Warrior 1 Running Warrior Warrior 3 Link	17 Thoughtful Thursday <i>Pause for Thanks</i> Stop during the middle of a busy activity to name 5 things you are thankful for.	18 Fun Friday <i>Flip a Coin Friday:</i> -If it lands on heads, perform 30 seconds of the Cupid Shuffle dance. -If it lands on tails, perform a 30 seconds of Chicken Dance.	19 Super Saturday <i>Crazy 8's</i> 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps
20 Reset Sunday <i>Self-Care</i> Device Detox Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours.	21 Mindful Monday Mindful Senses What do you notice around you? Find: 5 things you can see. 4 things you can feel. 3 things you can hear. 2 things you can smell. 1 thing you can taste.	22 Two for Tuesday: <i>Cardio & Stretching</i> Do a cardiovascular exercise(s) of your choice for 5-10 minutes then stretch different parts of your body holding each stretch for 30-60 seconds before switching.	23 Wellness Wednesday <i>Adding on:</i> Oak & Willow Tree Link	24 Thoughtful Thursday <i>Kindness</i> Complete 5 Acts of Kindness throughout your day.	25 Fun Friday <i>Flip a Coin Friday</i> -Heads: push against a door frame with the back of your hands as hard as you can for 10 seconds. -Tails: use both hands to push against one side of the door frame as hard as you can for 10 seconds.	26 Super Saturday <i>Muscular Strength</i> 5 walking lunges 5 jumping split squats 5 jump squats 3x
27 Reset Sunday <i>Self-Care</i> Sunday Prep Do one thing today to help prepare you for the week. Examples: -Pack your backpack -Check your homework -Pack your lunch -Pick out your clothes for the week	28 Mindful Monday "H.A.L.T.E.D" Being mindful of your emotions: Hungry, Angry, Lonely, Tired, Embarrassed or Disappointed will enhance your overall health. You can identify and recognize your emotions using this acronym, "H.A.L.T.E.D".	29 Two for Tuesday: <i>Muscular Strength & Muscular Endurance</i> Complete a one minute plank. Complete a one minute wall sit. You can do it!	30 Wellness Wednesday Balancing it out: <i>Yoga: Putting it all Together!</i> Linking all of Sept poses together into a yoga flow	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! Yoga Images from www.forteyoga.com		
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