

October 2022

Health Literacy Month Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|--|--|---|
| <p>30 Be Inclusive Invite a classmate you don't really know to join you in an activity.</p> | <p>31 Tweet Tweet this link http://bit.ly/2xEVnSF to your friends and family so that they are aware of Health Literacy Month.</p> | <p>National Health Observances:</p> <ul style="list-style-type: none"> • Breast Cancer Awareness • Domestic Violence Awareness • Bullying Prevention Month • 5th - National Do Something Nice Day • 5th National Walk & Bike to School Day • 10th - World Mental Health Day <p>Yoga images from www.forteyoga.com</p> | | <p>LGBTQ+ History Month</p> <p>Celebrate LGBTQ+ History with these videos.</p>  | | <p>1 Frugal Fun Day! Find something fun to do that doesn't cost money. Make it a free adventure</p> |
| <p>2 Upward Crescent Moon Pose This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat.</p>  | <p>3 Mindful Minute Mondays 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>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?</p> | <p>5 National Do Something Nice Day Send a free card to a sick child at St. Jude's or your local children's hospital.</p> | <p>6 Mindful Coloring Take some time and color a picture today.</p> | <p>7 Virtual Tour Take a virtual tour of San Diego Zoo.</p> | <p>8 Walk and Talk 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.</p> |
| <p>9 Read & Move Listen to a free audible book while you go for a walk, take a jog or clean up.</p> | <p>10 World Mental Health Day I'm awesome! Write down three things about yourself you're proud of. Learn more about World Mental Health Day.</p> | <p>11 National Coming Out Day Whether you're lesbian, gay, bisexual, transgender or queer, be proud of who you are and your support for LGBTQ equality this Coming Out Day!</p> | <p>12 Sudoku Play a game of Sudoku</p> | <p>13 Device Detox Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours. But first check out this video!</p> | <p>14 Walking Race Pick a distance and challenge a friend to a speed walking race. No running!</p> | <p>15 Global Handwashing Day Share this video with family and friends about handwashing!</p> |
| <p>16 Side Seated Angle Pose Hold for 30-60 seconds on each side to target the hamstrings and calves.</p>  | <p>17 Mindful Minute Mondays 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>18 Try Something New Try something new today like origami. Was it challenging? Would you do it again? Why is it good to try new things?</p> | <p>19 Just play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</p> | <p>20 Positive Talk Thursday Be sure to talk to yourself today like you would talk to someone you love. Here are some positive affirmations to try.</p> | <p>21 Yoga Combo Practice stress management yoga with Adriene.</p> | <p>22 Mindful Video Spend a few minutes watching this rare & colorful sea life video. What do you notice? How do you feel after the video?</p> |
| <p>23 Create a Dance 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</p> | <p>24 Mindful Minute Mondays 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>25 Virtual Tour Take a virtual tour of Yosemite</p> | <p>26 Give a Compliment Today give someone a genuine compliment. Examples: -I like your hairstyle today. -I like how you're helpful.</p> | <p>27 Prep Do one thing today to help prepare you for tomorrow. Examples: -Pack your bookbag -Check your homework -Pick out your clothes</p> | <p>28 Look It Up What are benefits of practicing self-care or mindfulness skills? Find a valid website that gives accurate and reliable health information and share that information with your family and friends.</p> | <p>29 Spend Time with Nature Go into nature and practice what the Japanese call Forest Bathing</p> |