



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Yoga images from www.forteyoga.com</p>	<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 Before Bed Breathing While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.</p>	<p>3 Better Breathing can help calm our mind & body. Take a deep breath in through your nose, hold for a four count. Then exhale, out of your mouth for a four count. Repeat.</p>	<p>4 Circuit Set Perform each 3 times: 10 Push-Ups 10 Jump Squats 10 Bent Over Rows</p>	<p>5 Seated Forward Bend Pose Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need</p> 	<p>6 Collage Time Create a collage of inspirational quotes/words.</p>
<p>7 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 -Set out your breakfast</p>	<p>8 Move it Monday DANCE – DANCE-DANCE to your favorite song while getting ready or brushing your teeth.</p>	<p>9 De-Stress Ask a grown up you care about what their favorite way to de-stress is and join them in that practice! Ideas include physical activity, yoga, breathing, talking to friends, etc.</p>	<p>10 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>11 Circuit Set Perform each 3 times: 10 Burpees 10 Walking Lunges 10 Mountain Climbers</p>	<p>12 Low Lunge Pose Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p> 	<p>13 You Deserve It Write personal affirmations.</p>
<p>14 Flip a coin Heads: At each meal, perform as many push-ups as you can without stopping. Tails: At each meal, perform as many squats as you can without stopping.</p>	<p>15 Recharge Avoid using technology two hours before bed. Did you sleep better? Martin Luther King, Jr. Day</p>	<p>16 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>17 Music Break Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished?</p>	<p>18 Circuit Set Perform each 3 times: 10 Box Jumps (step-ups) 10 Curl-Ups 10 Bench/Chair Dips Hold a 10 second Plank 10 times</p>	<p>19 Mummy Kicks Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right.</p> 	<p>20 Declutter Clean up your locker, desk or room. Having an organized space can make you feel better.</p>
<p>21 Flip a coin Heads: Perform a wall-sit for 30 seconds, rest, and then again for 20 seconds. Tails: Perform a high plank for 30 seconds, rest, and then again for 20 seconds.</p>	<p>22 Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>23 Stay Hydrated Take extra time to drink eight 8oz. glasses of water today. At the end of the day, how do you feel? Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p>	<p>24 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>25 Cardio & Yoga Do a cardiovascular exercise(s) of your choice for 5-10 minutes then try all three yoga poses from this calendar holding each pose for 30-60 seconds before switching.</p>	<p>26 Hands & Knees Balance Pose Hold for 30-60 seconds, switch sides and repeat</p> 	<p>27 Compliments Matter Give a compliment. It only takes one sentence.</p>
<p>28 Flip a coin Heads: Choose one lower body exercise that will help you jump higher. Do it 20 times. Tails: Choose one upper body exercise.</p>	<p>29 Shoulder Shrugs Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.</p>	<p>30 Jump Around Jump rope as fast as you can for one minute, then rest for 1 minute. Repeat 6-8 times</p>	<p>31 Code Words While watching TV any time you hear the code word complete 10 jumping jacks. <u>Code word:</u> new year</p>	<p>NATIONAL HEALTH OBSERVANCES National Blood Donor Month</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. Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)</p>