

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Observances <ul style="list-style-type: none"> National Immunization Awareness Month with the CDC Summer Sun Safety Month with the American Cancer Society <p><i>Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)</i></p>		1 Appreciation Tell someone you care about that you are grateful for them and why you appreciate them!	2 Sun Safety Remember to always use sunscreen (at least SPF 30). Check out this link for more tips.	3 Just Because! Call, text, or take a quick jog to a friend's house to tell them one or more compliments, just because!	4 Dog Day Start in a plank position, then push yourself up to a Downward Facing Dog.	5 Squat Challenge See how long you can hold a squat
6 Play Outside With a friend or family member, ride a bike or scooter, or take a walk. If it is raining, puddle jump!	7 Your Choice! Choose an activity that you like that makes your heartbeat fast and do it for 5 minutes or more	8 Nice Notes Leave a nice note for a friend or family member to find today. Example: "I am grateful to have you as a friend".	9 Zzzzzz Getting quality sleep is important as you grow! Turn off devices an hour before to help get 8-9 hours of quality sleep.	10 Take a Breath Visualize positive memories or thought, take 3-5 deep breathes holding each as you reflect.	11 Dynamic Duo Find a friend and stretch together. Take turns choosing a position and hold it for 15 seconds	12 Challenge How many sit-ups can you do in one minute? Can you beat your record?
13 Step it Up Find a set of stairs, a ramp, or a hill. How many times can you go up and down in 3 minutes?	14 Obstacles Create an obstacle course. Go through as fast as you can, repeat it as many times as you like to see if you can go faster.	15 Attitude of Gratitude Write down something you're thankful for and why.	16 Stay Hydrated! The summer can get hot. Make sure to stay hydrated by drinking at least 6-8 glasses of water per day.	17 Leave a Note Leave a nice note for a friend or family member to find today. Example: "I am grateful to have you as a friend".	18 Creative Stretching Think of things that will make your body more flexible and try them out.	19 Leapfrog How many times you can leap like a frog before stopping? Need a challenge? Try again!
20 Four Points Using your hands and feet only how long can you keep your body up off the ground?	21 Start Sweating Find a way to move that will make you sweat.	22 I Love Myself Look in the mirror, smile, and say 3 things that you love about yourself.	23 Ghost Baseball Imitate all 9 baseball positions making a play with an imaginary ball.	24 Shoulder Taps Perform 24 Shoulder Taps while in Push Up position. Keep your body tight and straight.	25 Posing Pick 3 of your favorite poses from here . Try to hold the pose for 5 seconds.	26 Math Moves Complete how many years old you are X 5 squats as quickly as possible.
27. Hide and Seek Find someone to play hide and seek with, either inside or outside.	28 Thoughtful Day Help someone at home - do a chore, read to a sibling, use your best manners!	29 Family Helper Pick a household chore that someone else usually completes - surprise them by doing it yourself.	30 Fruit Galore Try a new fruit combination, blend it if you'd like! Ex. different color grapes, citrus fruits, bananas vs plantains.	31 Mindful Minute Find your favorite comfortable area with peaceful music and take a mindful minute.	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.	