

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>National Health Observances:</p> <p>National Immunization Awareness Month Summer Sun Safety Month</p> <p><small>Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)</small></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.</p>		<p>1 Hopscotch Draw a hopscotch board on the driveway or the sidewalk and play this classic game with a friend or family member.</p>	<p>2 Mirror Dance Mirror Dance with a partner. Play some music and face each other. One partner leads and the other mirrors and does the same movements.</p>	<p>3 Last Days of Summer Workout 5 Burpees 10 Frog Jumps 10 Duck Walks</p>
<p>4 Snake Breath Breathe in slowly through the nose and breathe out through the mouth making a hissing sound like a snake.</p>	<p>5 Grounding The 5-4-3-2-1- exercise brings you back to the present moment through all your senses. Notice 5 things you can see, 4 sensations you can feel, 3 sounds you can hear, 2 things you can smell, 1 thing you can taste.</p>	<p>6 Summer Dance Create a group dance from a popular song from the summer.</p>	<p>7 Kick City 20 side kicks 20 front kicks 20 back kicks</p>	<p>8 Back to School Think about the games and activities coming up in PE classes for the new school year. What are you looking forward to the most?</p>	<p>9 Jump Rope Challenge Learn a new jump rope trick.</p>	<p>10 Try Peaches Peaches are a summer fruit and August is one of the best times for fresh peaches! Have you tried peaches before?</p>
<p>11 Health Resources Find three credible health resources for healthy lifestyle from the internet</p>	<p>12 Step It Up Take 10,000 steps every day during a week</p>	<p>13 New Friends Once school begins, find a new friend to talk to on the school bus.</p>	<p>14 Hula Hoop Dance Dance to your favorite song while hula hooping!</p>	<p>15 Positive Words Say 5 positive words to describe yourself in the mirror before taking on the day!</p>	<p>16 Locomotion Develop movement sequence consisted of at least 5 locomotor skills -run, jump, hop, skip, gallop, slide, leap, etc</p>	<p>17 Active Together Perform your favorite physical activity such as riding a bike with a friend or family member.</p>
<p>18 Sleep Tight Make sure to get enough sleep.</p>	<p>19 Body Scan Bring your attention to various parts of your body, spending 10-30 seconds on each part (e.g., toes, bottoms of feet, tops of feet). Notice tension, tingling, pressure, pain, or textures.</p>	<p>20 Zoo Moves Walk, run, gallop, or skip like the different animals that are at your local zoo. Talk about the different ways warm climate animals move vs cold climate animals.</p>	<p>21 Hydrate Drink water throughout the day. Keep a record of how many glasses you drink (aim for at least 6-8 glasses total).</p>	<p>22 Journaling Before bed, take time to read a book or write something you are grateful for in a journal.</p>	<p>23 Limbo Grab a broom stick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass.</p>	<p>24 Musical Frogs This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).</p>
<p>25 Nature Walk Take walks in the park with family members.</p>	<p>26 Hold A Pose Start with your knees and hands flat on the ground. Lift your hips up until your legs and arms are straight and your body looks like an upside-down "V." Relax your head. Hold the pose and breathe deeply. Hold for 20 seconds and repeat.</p>	<p>27 4 Walls Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps</p>	<p>28 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p>29 Rock Paper Scissors Tag Play rock, paper, scissors with your little ones and have the loser remain frozen whilst the winner runs to the next person. Once your kids play and win, they can unfreeze and run to find someone else to play with again.</p>	<p>30 Set a Goal Set a positive goal for the day. What would you like to accomplish today?</p>	<p>31 Find Your Calm Find a quiet place and sit with your eyes closed. Practice breathing deeply for 2 minutes.</p>