

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>National Health Observances:</p> <p>National Immunization Awareness Month Summer Sun Safety Month</p> <p><i>Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)</i></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 Vitamin C Eat fruits that are high in vitamin C (guava, orange, papaya, etc.)</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 Journal Create a journal documenting 1 positive memory from your day. Can you collect more than 20 core memories?</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 No Screens Have a 'no screen' evening/night and recharge yourself by listening to relaxing music.</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 Mentorship Play with younger kids. Teach them about a game you enjoy.</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 SMART Goals Create short/long term S.M.A.R.T goals you hope to achieve this school year related to your health.</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 Challenge Today with family and friends complete a physical challenge using items from home. Can you complete all 82? Physical Challenges! - #1 (the shoe) - P.E. at home/school activity</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 Healthy Snack Create a healthy recipe for a snack to share with your family.</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>