

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1 Journal</p> <p>This month start a journal. In the journal write or draw about how you feel throughout the day and different things that happened. Younger kids can talk about the day.</p>	<p>2</p> <p>Try and sprint from one end of your street to the other. Have a family member time you.</p>	<p>3 Core Challenge</p> <p>Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>4 Handstands</p> <p>Practice your Hand stands today! How long can you hold them? If you're having trouble start against a wall.</p>	<p>5 Boat Pose</p> <p>Hold Boat Pose three times for 15 seconds.</p> 	<p>6 Toe Fencing</p> <p>With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p>
<p>7 Jab, Jab, Cross</p> <p>Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p>	<p>8</p> <p>Along the sidewalks alternate between skipping, speed walking, and jogging.</p>	<p>9 Savasana</p> <p>Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind.</p> 	<p>10 Noticing Walk</p> <p>Go for a walk outside or in your house and look for different things you notice that you may not have noticed before.</p>	<p>11 Exercise DVD</p> <p>Get an exercise DVD or find one on the internet and do it with the whole family.</p>	<p>12</p> <p>Put your favorite song on and make up a dance or fitness routine!</p>	<p>13 Set the Menu</p> <p>Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.</p>
<p>14 Nighttime Note</p> <p>Empty your mind before you go to bed by writing a note about what you're thinking and leave it for tomorrow.</p>	<p>15 Star Jumps</p> <p>Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>16</p> <p>Swimming at the pool today. Have fun with friends and family swimming in the pool.</p>	<p>17</p> <p>Go for a jog before it gets too hot today! Try walking for 5 minutes then pick a pace you won't need to stop jogging, end by stretching.</p>	<p>18 Mindful Minute</p> <p>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>19 Shuffle Squat</p> <p>Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.</p>	<p>20 Jump, Jump</p> <p>Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.</p>
<p>21 Mindful Minute</p> <p>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>22 Hit the Track</p> <p>Sprint the straights on the track and walk the curves; do this for 10 laps. Bring some music to motivate you!</p>	<p>23 Downward Dog</p> <p>Hold three times for 20 seconds. Try lifting one leg for an even greater challenge!</p> 	<p>24</p> <p>Play outside and run through the sprinkler today!</p>	<p>25 H-A-L-T-E-D</p> <p>HALTED stands for Hungry, Angry, Lonely, Tired, Embarrassed, Disappointed. Over the next few days pay attention to your feelings. Do you tend to act differently when you feel one of the letters in HALTED?</p>	<p>26 Tabata</p> <p>Jump squats 20 seconds of work 10 seconds of rest 8 rounds</p>	<p>27 4 Walls</p> <p>Face each wall in a room and do a different exercise for 30 seconds</p> <ul style="list-style-type: none"> -side shuffle -grapevine to left then right -wide stance punches -vertical jumps
<p>28 Jab, Jab, Cross</p> <p>Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p>	<p>29 Happy Baby Pose</p> <p>Straighten your legs for an added challenge.</p> 	<p>30 Journal Part 2</p> <p>Look over your journal from the month. Did you write something every day? What did you notice about how you feel over the month?</p>	<p>This month think about all the activities you did throughout the year.</p> <p>How will you take care of your mind and body over the summer break?</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. Happy exercising!</p>