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| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|---|--|---|--|---|---|--|
| <p><b>Sunday Prep</b><br/>Do one thing today to help prepare you for the week.<br/>Examples:<br/>-Pack your bookbag<br/>-Check your homework<br/>-Pack your lunch<br/>-Pick out your clothes for the week</p>   | <p><b>One-Leg Revolving Seated Yoga Pose</b><br/>Hold this pose for 30-60 seconds. Switch legs and repeat.</p>  | <p><b>Before Bed Breathing</b><br/>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><b>Compliment Someone</b><br/>Today give someone a genuine compliment.<br/>Examples:<br/>-I like your hairstyle today.<br/>-I like how you're helpful.</p>                                  | <p><b>Read &amp; Move</b><br/>Pick a book to read and select an "action word" that will be repeated often. When the "action word" is read stand up and sit down.</p>                        | <p><b>Stay Hydrated</b><br/>Take extra time to drink eight 8 oz. glasses of water today. At the end of the day, how do you feel?</p>  | <p><b>Device Detox</b><br/>Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours.</p>             |
| <p><b>Commercial Stroll</b><br/>During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!</p>                             | <p><b>Thank You Dinner</b><br/>Before eating dinner, say thank you for the food in front of you.</p>   | <p><b>Balloon Bounce</b><br/>Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner.</p>  | <p><b>High Knees &amp; Stretch</b><br/>High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.</p>  | <p><b>Hands &amp; Knees Balance Pose</b><br/>Hold for 30-60 seconds, switch sides and repeat.</p>        | <p><b>Smile Count</b><br/>Count how many people you smile at today.</p>   | <p><b>Partner Challenge</b><br/>Sit back to back with a friend and link arms. Try to stand up without unlinking arms.</p>            |
| <p><b>Seated Forward Bend Pose</b><br/>Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if needed.</p>  | <p><b>A Gratitude Attitude</b><br/>Write down something you're thankful for and why.</p>   | <p><b>Mindful Minute</b><br/>For 60 seconds, clear your mind &amp; only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>  | <p><b>Nighttime Note</b><br/>Empty your mind before you go bed by writing a note about what you're thinking and leave it for tomorrow.</p>   | <p><b>Do this:</b><br/>-Hop on one leg 30 times, switch legs<br/>-Take 10 giant steps<br/>-Walk on your knees<br/>-Do a silly dance<br/>-Sprint for 10 seconds</p>                          | <p><b>Before Bed Breathing</b><br/>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><b>Crazy 8's</b><br/>8 jumping jacks<br/>8 silly shakes (just shake as silly as you can)<br/>8 high knees<br/>8 scissor jumps</p> |
| <p><b>Mindful Snack</b><br/>When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you're eating. What do you notice?</p>                                       | <p><b>Wake and Shake</b><br/>As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.</p>                             | <p><b>Cardio &amp; Yoga</b><br/>Do a cardiovascular exercise(s) of your choice for 5-10 minutes then try all four yoga poses on the calendar holding each pose for 30-60 seconds before switching.</p>  | <p><b>Pause for Thanks</b><br/>Stop during the middle of a busy activity to name 5 things you are thankful for.</p>  | <p><b>Music Break</b><br/>Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished?</p>   | <p><b>Low Lunge Pose</b><br/>Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p>   | <p><b>Device Detox</b><br/>Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours.</p>             |
| <p><b>Sunday Prep</b><br/>Do one thing today to help prepare you for the week.<br/>Examples:<br/>-Pack your bookbag<br/>-Check your homework<br/>-Pack your lunch<br/>-Pick out your clothes for the week</p>   | <p><b>Dance, Dance</b><br/>Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>  | <p><b>Muscle Relaxation</b><br/>Laying down, start at your head and squeeze all the muscles in your face. Hold then relax. Next, move to your shoulders, squeeze and relax. Repeat all the way down your body until you get to your toes.</p> | <p><b>Star Gazing</b><br/>Sit outside with an adult when it's dark and look up at the sky. What do you notice? How many stars can you see? What noises do you hear? Do you smell anything?</p> | <p><b>Leave a Note</b><br/>Leave a nice note for someone to find today.<br/>Examples:<br/>-You have a nice smile.<br/>-Thank you for being a good friend.<br/>-You're fun to play with.</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><b>Happy exercising!</b></p> |  |