

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>National Health Observances:</b> <ul style="list-style-type: none"> <li>Alzheimer's &amp; Brain Awareness Month</li> <li>National Safety Month</li> <li>18: Autistic Pride Day</li> <li>19: Juneteenth</li> </ul>		This month be mindful of all the activities you do each day.  How will each activity help take care of your mind and body over summer break?		<b>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.</b> <a href="#">Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)</a>  Yoga image from <a href="http://www.forteyoga.com">www.forteyoga.com</a>		<b>1 Paper Plate Planks</b> In a plank with paper plates under your feet. Complete 30s of: -mountain climbers -in and out feet -knees to chest
<b>2 Nature Walk</b> Go on a nature walk and identify 3 different plants or animals you see on your walk.	<b>3 Random Act of Mindfulness</b> Write down one way you practiced mindfulness today by focusing your attention and awareness in the present moment?	<b>4 Dance Party</b> Have a dance party at home with friends using a YouTube video to follow along.	<b>5 Healthy Painting</b> Paint or draw a picture of you doing your favorite hobby.	<b>6 Go on a Picnic</b> Invite a friend to make a healthy snack and go on a picnic.	<b>7 Boat Pose</b> Hold boat pose for 30 seconds. 	<b>8 A Quarter's Worth</b> Complete 25 of each! Mountain Climbers Curl Ups Squats Jumping Jacks
<b>9 Playdate</b> Schedule a playdate with a friend to play outdoors or do something together while being physically active.	<b>10 Think Positive</b> Write down two sentences/statements to express your daily positive thinking.	<b>11 Let's Move!</b> Give each room in your house an exercise. When you enter that room, do that exercise. Do for each room you enter!	<b>12 Eat a Rainbow</b> Create a meal that has as many colors of the rainbow as possible!	<b>13 Moon Mindfulness</b> At night, sit outside with an adult & be mindful for 10 minutes. Close your eyes, & take slow, deep breaths.	<b>14 Limbo</b> Have 2 people hold onto the ends of a broom stick. Take turn bending backwards under the stick! Lower stick each turn. How low can you go?	<b>15 Crazy 8's</b> 8 Push Ups 8 Squat Jumps 8 Curl Ups Repeat 3 times
<b>16 Musical Frogs</b> This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).	<b>17 Positive Mindset Challenge</b> Look yourself in the mirror and say 3 positive things about yourself.	<b>18 Autistic Pride Day</b> Learn more about <a href="#">Autism Spectrum Disorder (ASD)</a> and <a href="#">Autistic Pride Day</a> . Why is it important to be inclusive of people with disabilities?	<b>19 Juneteenth</b> Using the link below, learn about Juneteenth. Go for a walk with a family member or friend and share what you learned while you walk. <a href="#">Juneteenth</a>	<b>20 Call &amp; Connect</b> Call a friend or family member you haven't talked to yet this week to say hello and wish them a wonderful day.	<b>21 Family Game Night</b> Sit in a pretzel position while you play a fun board game with your family.	<b>22 Skaters</b> Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do this for 30 seconds.
<b>23 Laugh &amp; Play</b> Tell a joke, watch a funny movie, or draw a silly picture with someone. Then, just play! Hide-and-seek, tag, or hopscotch!	<b>24 Read &amp; Move</b> Pick a book to read & select an "action word" that will be repeated often. When the "action word is read stand up and sit down.	<b>25 Obstacle Course</b> Create your own obstacle course and time yourself doing it.	<b>26 Toe Fencing</b> With a friend, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.	<b>27 Nighttime Note</b> Empty your mind before you go to bed by writing a note about what you're thinking and leave it for tomorrow.	<b>28. Balance Challenge</b> Balance on 3 body parts. How many combinations of 3 body part balances can you perform?	<b>29 Jump Rope</b> Can you jump rope for 50 consecutive jumps? Try it 10 times to strengthen your heart & lungs! OR <a href="#">Line jump activity</a>
<b>30 I, Spy Walk</b> Go for a walk with your family while playing I, spy.						