

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Observances <ul style="list-style-type: none"> National Courtesy Month National Self-Care Awareness Month National Suicide Prevention Month Fruit and Veggies – More Matters Month National Childhood Obesity Awareness Month National Yoga Awareness Month 		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. Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)			1 Warrior Warrior pose for 1 minute each side x3	2 Plank! 5-4-3-2-1 do them in order with a 5 second break between each one
3 Speedy Speed Walk for 15 minutes...not a run, but quick legs and arms	4 Labor Day Choose your favorite physical activity for 10 minutes! Draw, write, or tell someone why you love it!	5 Nice Notes Using a bag, pull a name that you will write a nice note to a classmate.	6 Creative Clouds Make a healthy lunch and go on a picnic with a friend or family member. Together look up at the clouds and identify how many different objects or animals you can see in the clouds.	7 Introduce Yourself Introduce yourself to at least 3 new classmates. Share an interesting trait you have.	8 ABCs Bend your body to form each letter of September. Take note of where you feel the stretch.	9 Push-Ups! 7-6-5-4-3-2-1 do them in order with a 10 second break between each attempt
10 Vitamin D Go outdoors to get vitamin D today and draw what you did outside.	11 Jump Rope Jump rope 1 minute on and 1 minute off x3, or "ghost rope" if you don't have one!	12 Compliments Compliment a classmate who needs a boost today.	13 H2O Track Your Water Drink at least 8 cups of water.	14 Dance it Out Have an impromptu dance party today with your family or friends, or by yourself!	15 BACK to Stretches Complete five stretches for your lower back after school today.	16 Squats! 60 seconds and subtract 10 seconds each round until done
17 Paper Plates Place two paper plates under your feet & try different skills: Boxing, Clap, Twist, Tap body parts, roller skating or moonwalking, snowplow. Can you make up your own paper-plate skills?	18 Body Awareness Creep backward, forward bear crawl, Gallop Slide along the floor Crabwalk, Hopping	19 National Book Month Pick a book from the library. Record your thoughts as you read the book.	20 Mindful Minute Find a comfy spot, take one minute to reset, refocus, and recenter yourself for the day!	21 Let it Go Identify when you have a negative emotion (sadness, anger). Take 5 slow breaths and release those feelings before moving on with your day.	22 Pigeon Pigeon Pose for 1 minute each side x3	23 Lunges! Stationary Lunging 15 each leg x 4
24 Exercise is for Breathing! Do 30 star jumps, then do 10 push-ups. Circle which one made you breathe harder.	25 Create-A-Dance Record a 1–3-minute dance video of yourself and show a friend/family member, or post on TikTok using your favorite song.	26 Pen Pal Write a letter to a friend or relative and mail it	27 H.A.L.T.E.D. Hungry, Angry, Lonely, Tired, Embarrassed, Disappointed. How do each one of these things make you feel? H.A.L.T.E.D.	28 Successes Make a list (write or draw) of all the things you are proud of and have accomplished. Let's celebrate your wins.	29 Child's Pose Child pose center, reach out the arms to the left and then to the right. Hold each for a minute then and repeat twice!	30 Burpees! How many can you do in 1 minute?