

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|---|--|---|
| Set a goal How many days can you be active in November? Tell a grown-up at home your goal, and write it in this square | 1 Mindful Walk Take a mindful walk and bring full attention to the movements and sensations in your body | 2 Dia de los Muertos Honor your relatives by taking a mindful minute and think about the things you learn from them. Click the link above to learn more about this tradition. | 3 National Native American Heritage Month Watch the video Native American Traditional Games to find a new game to try. Why was this game created? | 4 Choice Read Read a book of choice (not required for school)--find a topic or person you want to know more about! | 5 Fish Pose Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds **insert picture | 6 Bicycles Lie on your back and move your legs like you're riding a bicycle to strengthen your stomach muscles. Need help? Watch here! |
| 7 Board or Card Game Day Play a board or card game with family or friends. | 8 Mindful Eating Not sure what mindful eating is? Take a look at Mindful Eating Use Mindful Eating to try a new food today | 9 Striking With Shoe Challenge Grab a shoe, a rolled up pair of socks, and a laundry basket. See directions HERE . | 10 American Diabetes Month Try to go sugar free for a day! Look at the food labels to notice how much hidden sugar is in food. | 11 Veterans Day Thank a Veteran for their service. Write a card or note and ask a grown up to help send it to a Veterans' organization. | 12 Inch Worms Keeping your legs straight, place your hands on the ground, walk them into push-up position, and walk your legs up. Here's what it looks like! | 13 World Kindness Day- Leave a nice note for someone to find. Examples: -You have a nice smile -Thank you for being a good friend. -You're fun to play with |
| 14 Get Outside Go on a bike ride, walk, or hike with family or friends. | 15 Active Chores Do an active chore like vacuuming, sweeping, scrubbing, hand washing dishes, pulling weeds, etc... | 16 "Scarfmania" Challenge Grab a plastic grocery bag and a laundry basket! See directions HERE | 17 Deep Breathing Practice Deep Belly Breathing. | 18 Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest | 19 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. How low can you go? | 20 Pretzel Race! Stand on your left leg, lift your right leg and cross it in front of your left knee, and cross your arms in front of your body. Hop in your pretzel position to the finish line! |
| 21 Pillow Flick Challenge Grab a pillow and a rolled up pair of socks. See the full directions HERE . | 22 Gratitude List 3 things that you are grateful for. If it is a person, tell them. | 23 Teachers vs. Students Challenge Can you do more exercises than the teachers? To find out, click on the link HERE . | 24 Epilepsy Awareness Month - Share epilepsy information with your family or friends. | 25 Thanksgiving Day Tell someone why you are thankful for them, and follow it up with a hug or high five. | 26 Splits! Practice your right leg split, left leg split, and middle split. Hold each one for 30 seconds. | 27 Army Crawl Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire. |
| 28 No Device Day Detox from technology – can you go all day without playing on your phone, tablet, or video game? | 29 Encourage Someone Find 5 people (before school, at recess, or after school) and give them a positive message | 30 Celebrate! Celebrate your success by picking your favorite activities on the calendar. Put a star on your favorite, heart on the one that made your heart beat fastest, and smiley face one that made you content/calm. | National Health Observances: <ul style="list-style-type: none"> National Gratitude Month American Diabetes Month 4th National Stress Awareness Day 13th World Kindness Day 17th National Take a Hike Day 30th National Personal Space Day | | 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! Yoga Images from www.fortevoga.com | |