

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Health Observances: <ul style="list-style-type: none"> Safe Toys and Gifts Month Yoga Images from www.forteyoga.com		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 Hopscotch Hopscotch your way down the hallway, around the house or yard. Create your own patterns.	2 100 Challenge Individually take the time to count out 100 steps.	3 Did You Know? The human body has 206 bones. How many can you name?	4 Word Workout Do 10 Jumping Jacks when someone tells you "Thank You."
5 Find Your Calm Find a quiet place and sit with your eyes closed. Practice breathing deeply for 2 minutes.	6 Food Color Challenge Can you eat 3 different color vegetables today? Hanukkah ends	7 Freeze Dance! Look up the freeze dance and follow along! Link Here	8 Be a Friend! Give 5 friends a compliment today.	9 Balloon Manipulation Tap a balloon while sitting down, lying down, or standing with different parts of the body. Can you keep the balloon up?	10 Mirror Challenge Go up to someone and start exercising and see without talking if you can get them to mirror you.	11 Fun Fact! The average person has 67 different species of bacteria in their belly button. Can you move like bacteria?
12 Crazy 8's 8 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps	13 Snap/clap Pick one song today that you will snap or clap to the beat during the whole song.	14 Chair Pose Hold for 30 seconds, relax then repeat. 	15 5 Fingers During 5 transitions you have today, do a 5 finger tracing breathing exercise.	16 Water One of your flavored beverages you have during the day switch out for an 8oz glass of water.	17 Parachute! With friend or family member use a bed sheet like a parachute in PE. Lift up and down to move air underneath the sheet.	18 Nice Deeds The first number you see after you get up is the number of good deeds to do that day.
19 Ballance Challenge Anytime someone says a word that starts with a "B" you have to balance on one foot for 5 seconds.	20 Preventing the virus Identify three ways to protect yourself from the virus. Discuss with a friend or family member.	21 It's Winter! Stay Active! Try some of these fun activities: Go for a walk with a friend; Try snow tubing or snowshoeing; Go ice skating or play hockey; Make a snowman or snow angels; Shovel snow at home or a neighbor.	22 Calm Breath Bubble Breathing Exercise Enjoy a few minutes of calming breaths, following this Bubble Breathing Exercise!	23 Boost your Immunity Do at least 4 of the following Eat plenty of fruits and veggies; Get enough sleep; Exercise as a family; Prevent germ spread; Make time to relax and reduce stress! Get outside for some fresh air!	24 Fitness Time! When the temperature gets below 40 degrees, do this winter fitness activity! W = Wall sits (20 sec) I = Inchworms (5x) N = JumpiNg Jacks (20x) T = Toe Touch (30 sec) E = Elbow Plank (20 sec) R = Run in place (1 min)	25 Let's Dance! Dance with your friends or family! Winter Snowman Dance Kidz Bop Kids Shuffle Kidz Bop Kids Best Day of My Life
26 I Appreciate You Take the time to tell someone in your life you appreciate them and why.	27 Yogi Squat Pose Hold for 30 seconds, rest and repeat. 	28 Smoothie Bowl Start your day with a new twist, enjoying one of these Breakfast Smoothie Bowls!	29 Kids Portion Sizes How much food is in a portion size for kids, aged 5-10 years? Plan a healthy meal with your parent, using these Portion and Serving Sizes as a guide for your meal!	30 Gratitude Art Draw and post a picture with a favorite "gratitude" word that lifts your spirit. (Joy, Thankful, Kindness, etc)	31 My Fitness Circuit <i>I can do 10...</i> Jumping jacks Mountain climbers Crunches Pushups Crabwalk Donkey Kicks	