

February 2022

Elementary Health & Physical Education Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Set a goal of how many days you will be active this month. Write it here</p>	<p>Stress free Sunday Mindful Monday Turbo-charged Tuesday (Cardio) Wellness Wednesday Thoughtful Thursday Flip a Coin Friday Superhero Saturday</p>	<p>1 Turbo Charged Tuesday</p> <p>"Timber Catch"</p>	<p>2 Black History Month</p> <p>March to Montgomery</p>	<p>3 Slow down and stretch</p> <p>How many of these yoga poses can you do safely?</p> <p>Yoga Examples</p>	<p>4 Flip a coin</p> <p>Heads: 20 sit-ups Tails: 20 squats</p>	<p>5 Build Your Super Hero Team</p> 
<p>6 Hit the slopes</p> <p>How many skier jumps can you do in 1 min?</p>	<p>7 Mindful Monday</p> <p>Mindful Pillowcase Activity</p>	<p>8 Turbo Charged Tuesday</p> <p>Catch-A-Heart Challenge!</p>	<p>9 National Children's Dental Health Month</p> <p>Homemade Toothpaste Recipe; Work with a caregiver to make homemade toothpaste.</p>	<p>10 Think about your heart:</p> <p>Make a list of heart healthy things you can do for yourself. Need ideas? Ask someone at home</p>	<p>11 Flip a coin</p> <p>Heads: 30 jumping jacks Tails: 30 second plank</p>	<p>12 The Floor is Lava</p> <p>Use x-ray vision to detect danger and move across the hot lava stream in a room/outside with fast feet!</p>
<p>13 Share a laugh</p> <p>Tell a joke, watch a funny movie or draw a silly picture with someone.</p>	<p>14 Valentine's Day/Kindness Monday:</p> <p>How to Take and Lead a Kindful Minute</p> <p>Random Acts of Kindness Week begins</p>	<p>15 Turbo Charged Tuesday</p> <p>Sweetheart Road!</p> <p>Hold a door open for someone today.</p>	<p>16 American Heart Month</p> <p>Cook a Heart-Healthy Recipe with the guidance of a caregiver for a family meal night</p>	<p>17 Random Act of Kindness Day</p> <p>Play with someone new at recess or ask a new friend to play a game with you.</p>	<p>18 Read and discuss</p> <p>Read the book Have You Filled a Bucket Today? by Carol McCloud, which is also a YouTube video. How can you fill people's buckets this week?</p>	<p>19 You First</p> <p>Let someone go before you on the playground, in a store, or anywhere else you can think of!</p>
<p>20 Take time out</p> <p>Tech time out - no devices for a day. OR Take time to play with your pet - Celebrate National Love Your Pet Day</p> <p>Random Acts of Kindness Week ends</p>	<p>21 President's Day</p> <p>Would you Rather? This or That</p>	<p>22 Turbo Charged Tuesday</p> <p>The Git Up Dance bit.ly/GitUpBragg</p>	<p>23 Wellness Wednesday</p> <p>Physical – pick a way to move for 15-20 Mental – read a book; learn something new Emotional – take note of how you feel; give someone a compliment</p>	<p>24 Think about yourself</p> <p>Take 1-2 minutes to sit calmly and notice your breath. How do you feel today?</p> <p>Better Breathing - Self Care</p>	<p>25 Flip a coin.</p> <p>Heads: 30 second wall sit Tails: 10 lunges each leg</p>	<p>26 Spidey Sense</p> <p>How many spiderman push-ups can you do in 1 minute?</p> 
<p>27 Attitude of Gratitude</p> <p>List of everything you are grateful for. Then do 5 jumping jacks for each THING and 5 push-ups for each PERSON</p>	<p>28 Celebrate your success!</p> <p>Did you meet your goal for active days this month?</p>	<p>National Health Observances:</p> <ul style="list-style-type: none"> American Heart Month Low Vision Awareness Month National Children's Dental Health Month Teen Dating Violence Awareness Month Random Acts of Kindness Week – 14th -20th Random Acts of Kindness Day – 17th 			<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. Happy exercising!</p>	