

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>National Health Observances:</p> <ul style="list-style-type: none"> National Nutrition Month Women's History Month 4th - 5th National Day of Unplugging (sundown-to-sundown) 13th National Good Samaritan Day <p>*Winter Fitness T = Toe Touch (30 seconds) E = Elbow Plank (20 seconds) R = Run in place (1 minute)</p>		<p>1 Fitness Jenga Label Jenga blocks with motor skills and a distance or number of times the skill should be done. Build your Jenga game! Any time you pick a Jenga piece, do that motor skill! ex. Skip, hop, jump, toss/catch, hit a balloon up, etc.</p>	<p>2 Enjoyable Walk Go for a ½ or 1 mile walk today! Take a friend, a family member or your pet with you! Enjoy getting your heart rate up!</p>	<p>3 Healthy Morning Jump-start your metabolism and get your morning off to a great start with a healthy breakfast! Fuel your brain and body with a healthy granola bar, eggs, a smoothie, cereal or a piece of fruit.</p>	<p>4 Fun Outdoors Go on an outdoor ABC or color scavenger hunt and look for things that start with each letter of the alphabet or each color of the rainbow! Take time to breathe and enjoy being outdoors! National Day of Unplugging begins at sundown</p>	<p>5 Do an AMRAP! Create an AMRAP (As Many Reps as Possible) exercise routine for each morning this week! Choose 3-4 fitness activities and repeat them for 1-3 minutes. National Day of Unplugging ends at sundown</p>
<p>6 Snack Good Try a new healthy snack! Make some fun fruit and veggie kabobs with your family! What will you add to yours?</p>	<p>7 Dance Mov(i)es Turn on your favorite song from Encanto or another favorite movie and make up your own dance moves! Can you create a sequence in your dance or do you like to freestyle dance?</p>	<p>8 Make a Card Make a card for a loved one or for someone in a nursing home facility. Help brighten someone's day!</p>	<p>9 Jump Rope Jump rope for 100 consecutive jumps. Do these 10 different times to strengthen your heart and lungs.</p>	<p>10 Chest Pass Practice your chest passes against a brick wall. Remember to step towards your target.</p>	<p>11 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?</p>	<p>12 Find Your Calm Find a quiet place and sit with your eyes closed. Practice breathing deeply for 2 minutes.</p>
<p>13 Mirror Challenge Go up to someone and start exercising and see without talking if you can get them to mirror you. National Good Samaritan Day</p>	<p>14 Food Color Challenge Can you eat 3 different color vegetables today?</p>	<p>15 Freeze Dance Look up the freeze dance and follow along! Link Here</p>	<p>16 Be Kind Enjoy this read aloud book, "Be Kind", by Pat Zietlow Miller and Jen Hill. 👉 BE KIND by Pat Zietlow Miller and Jen Hill - Children's Books Read Aloud by PV Storytime</p>	<p>17 Carioca Move with your shoulders facing forward. Say to yourself: Side, front, side, back.</p>	<p>18 Clap and Catch Throw a soft object up into the air. See how many times you can clap before you catch it.</p>	<p>19 Walking Race Pick a distance and challenge a friend to a speed walking race. No running!</p>
<p>20 Catch Throw and catch with a partner(s). Practice using a variety of balls (e.g. a football, whiffle ball, and basketball.).</p>	<p>21 Vertical Jump Jump as high as you can for 30 seconds. Repeat.</p>	<p>22 Freeze Dance Have someone start and stop music. When the music is on dance, when it's off strike a crazy pose.</p>	<p>23 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>24 Be a Friend! Give 5 friends a compliment today.</p>	<p>25 Read and Move Pick a book to read and select an "action word" that will be repeated often. When the "action word is read stand up and sit down.</p>	<p>26 Step Jumps Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>
<p>27 Bubble Breathing Enjoy a few minutes of calming breaths, following this Bubble Breathing Exercise!</p>	<p>28 Winter Fitness Do this winter fitness activity! W = Wall sits (20 seconds) I = Inchworms (5x) N = JumpiNg Jacks (20x) *See the rest under National Observances!</p>	<p>29 Stork Tag Play tag while hopping on one leg like a stork. Stay inside a small boundary.</p>	<p>30 I, Spy Walk Go for a walk with your family while playing a game of I, Spy.</p>	<p>31 Locomotor Sidewalk Along the sidewalks alternate between skipping, speed walking, and jogging.</p>	<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>	