



September 2024

Elementary Health & Physical Education Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Calm Corner Create a stress free space in your home where you can relax and unwind whenever you are feeling anxious.</p>	<p>2 Mindful Minute Before you begin an activity, take 60 seconds to clear your mind & only focus on your breathing. If your mind starts to wander, bring your mind back to your breathing.</p>	<p>3 Turbo Start Start your day early, drink a glass of water to help wake up your body, & do a quick morning stretch or dance to boost your energy!</p>	<p>4 Chalk Your Walk Grab some sidewalk chalk and a friend, and create some art, play hopscotch, and soak up that sunshine!</p>	<p>5 Give Back Volunteer to pick up litter at a local park or in your neighborhood!</p>	<p>6 Plank Up! Hold a plank for 30 seconds, then 45 seconds, and then 1 minute, resting for the same amount of time after each plank.</p>	<p>7 National Play Outside Day Today, make sure you are outside more than you watch TV today!</p>
<p>8 Family Night Have a family night with board games, card games, or do puzzles together to stimulate their minds tonight!</p>	<p>9 Mindfulness Jar Create a positive mindfulness jar. Every time you have a positive thought that stands out to you, write it down & put it in the jar!</p>	<p>10 Make a Plan! Going back to school from Summer can be TOUGH! Today, make a plan to do your favorite physical activity you did this summer for 30 minutes after school.</p>	<p>11 Energy Burst While watching TV, take an energy burst during the commercials by completing 2 sets of 10 reps of your choice of exercise (i.e., jumping jacks, pushups, crunches, jump squats).</p>	<p>12 Walker Race Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p>13 Bridge Pose Hold the bridge pose for 10 seconds. Repeat 10 more times!</p> 	<p>14. Throw to a Target! Create a target and use a rolled-up sock. Move back if you make it; step forward if you miss. How far can you get away from the target?</p>
<p>15 Triangle Pose Hold the triangle pose for 30 seconds on each side! Repeat 4 times!</p> 	<p>16 Mindful Writing Before sleep, spend a few minutes writing about your experiences, thoughts, and feelings. Try to list 5 things you are grateful for from today!</p>	<p>17 Turbo Speed Let's test your speed! How many times can you run back & forth from your front door to your mailbox in 2 minutes?</p>	<p>18 Jump for Joy Turn on your favorite song to dance to, but instead of dancing, try to jump rope or invisible jump rope to it the whole time!</p>	<p>19 Spread Kindness Draw a cheerful picture and leave it on a neighbor or friend's doorstep.</p>	<p>20 Your Choice! Choose an activity that you like that makes your heart beat fast and do it for 5 minutes or more</p>	<p>21 Coin Flip Flip a coin 10 times: Every time it lands on Heads = 10 Curl ups Tails = 10 Jumping jacks</p>
<p>22 Just Because Spread some joy today by phone, text, email, or in person. No reason. Just because:-)</p>	<p>23 Mindful Affirmations Be kind to yourself! Look at yourself in the mirror & state 5 positive things you like about yourself!</p>	<p>24 Balancing Act Stand on 1 foot for as long as possible. Switch feet. How long can you balance? Challenge: Close your eyes!</p>	<p>25 Mindful Minute Before you begin an activity, take 60 seconds to clear your mind & only focus on your breathing. If your mind starts to wander, bring your mind back to your breathing.</p>	<p>26 Thank You's Write a thank-you card to a local librarian or community worker.</p>	<p>27 Dancer Pose Hold the dancer pose for 20 seconds on each side! Repeat 4 times!</p> 	<p>28 Obstacle Course Create an obstacle course with a family member or a friend, & time how fast you both can complete it!</p>
<p>29 Fun & Nutritious! Grab some cookie cutters of different shapes, and use them to make shapes with your healthy snack!</p>	<p>30 Mindful Senses Go outside, sit in a quiet space, & using all of your 5 senses, take a few minutes to notice what you can see, hear, touch, taste, and smell.</p>	<p>National Health Observances:</p> <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 		<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.</p>		