

# February 2021

## Elementary Mind & Body Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>1 Musical Frogs</b> This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).</p>	<p><b>2 Yogi Squat Pose</b> Hold for 30 seconds rest and repeat.</p> 	<p><b>3 Limbo</b> 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><b>4 Boat Pose</b> Hold Boat Pose three times for 15 seconds.</p> 	<p><b>5 Toe Fencing</b> With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.</p>	<p><b>6 A Quarter's Worth</b> How much is a quarter worth? Complete 25 of the following: Skip Jump Lift Knees Walk backwards</p>
<p><b>7</b> Along the sidewalks alternate between skipping, speed walking, and jogging.</p>	<p><b>8 Fish Pose</b> Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.</p> 	<p><b>9 I, Spy Walk</b> Go for a walk with your family while playing a game of I, Spy.</p>	<p><b>10 Crawl Like a Seal</b> Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.</p>	<p><b>11</b> Put your favorite song on and make up a dance or fitness routine!</p>	<p><b>12 Set the Menu</b> Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.</p>	<p><b>13 Yogi Squat Pose</b> Hold for 30 seconds rest and repeat.</p> 
<b>RANDOM ACTS OF KINDNESS WEEK</b>						
<p><b>14 Read and discuss</b> Read the book <u>Have You Filled a Bucket Today?</u> by Carol McCloud, which is also a <u>YouTube video</u>. How can you fill people's buckets this week?</p>	<p><b>15 Call a friend</b> Call a friend or family member to check in on how they are doing.</p>	<p><b>16 Smile</b> Smile at everyone you see today.</p>	<p><b>17 Random Act of Kindness Day</b> Do an act of kindness for someone &amp; encourage them to pay it forward.</p>	<p><b>18 Make a thank you card</b> Make a thank you card for a teacher, caregiver or family member</p>	<p><b>19 You First</b> Let someone go before you on the playground, in a store, or anywhere else you can think of!</p>	<p><b>20 Help around the house</b> Do something helpful around the house like clean your room, take out the trash or fold laundry.</p>
<p><b>21 Compliment Someone</b> Today give someone a genuine compliment. Examples: -I like your hairstyle today. -I like how you're helpful.</p>	<p><b>22 Double Duty</b> Go for a walk with a parent/guardian and bring a plastic bag. Pick up paper or trash you see along your walk.</p>	<p><b>23 Wild Arms</b> As fast as you can complete: 10 Arm Circles front &amp; back 10 Forward punches 10 Raise the Roof's Repeat 3x</p>	<p><b>24 Crane Pose</b> Here's a challenge! Put your hands on the ground, lean forward &amp; balance your knees on your elbows.</p> 	<p><b>25 Bear Walk</b> With your bottom in the air, step forward with your right hand &amp; step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.</p>	<p><b>26 4 Walls</b> Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps</p>	<p><b>27 Downward Dog</b> Hold three times for 20 seconds. Try lifting one leg for an even greater challenge!</p> 
<p><b>28 Read &amp; Move</b> 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><b>National Health Observances:</b></p> <ul style="list-style-type: none"> <li>American Heart Month</li> <li>National Children's Dental Health Month</li> <li>Teen Dating Violence Awareness Month</li> <li>Random Acts of Kindness Week – 14<sup>th</sup> -20<sup>th</sup></li> <li>Random Acts of Kindness Day – 17<sup>th</sup></li> </ul> <p>Yoga pictures from <a href="http://www.forteyoga.com">www.forteyoga.com</a></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>	