

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>National Health Observances:</b></p> <ul style="list-style-type: none"> <li>Asian American and Pacific Islander Heritage Month</li> <li>May 1-7: National Physical Education and Sport Week</li> <li>May 7: Teacher Appreciation Day</li> <li>May 5: <a href="#">Cinco de Mayo</a></li> <li>May 6: National Nurses Day</li> </ul>	<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> <p><a href="#">Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)</a></p>	<p><b>1 Mindful Walk</b> Walking is a simple and great exercise for everyone. Today go for a walk with a caregiver or friend, what do you see, smell, feel, hear, taste?</p>	<p><b>2 Healthy Hydration</b> Trade healthier alternatives to Sports Drinks: Milk, Coconut Water, Orange Juice or just drink water.</p>	<p><b>3 Take 5 Breathing</b> Breathe in for 5 counts using your fingers to count up. Breathe out counting your fingers back down.</p>	<p><b>4 AM Stretch</b> Wake up and stretch for 5 minutes.</p>	
<p><b>5 One Legged Plank</b> Perform two sets of One Legged Plank</p>	<p><b>6 Healthy Recipe</b> Write your own healthy recipe. Be sure to include ingredients and instructions!</p>	<p><b>7 Dance Party</b> Dance with Jogi by Panjabi MC <a href="#">Punjabi MC - Jogi (Official Video)</a></p>	<p><b>8 Write a Letter</b> Write a handwritten letter to a friend/family member and mail it.</p>	<p><b>9 Jump Rope Challenge</b> Learn a new jump rope trick.</p>	<p><b>10 Crazy 8's</b> 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times</p>	<p><b>11 Sleep Tight</b> Practice good sleep hygiene. No TV or electronics before bed, try reading a book or doing some deep breathing to relax your body.</p>
<p><b>12 Nature Walk</b> Take walks in the park with family members.</p>	<p><b>13 Water Challenge</b> Instead of drinking juice or soda</p>	<p><b>14 Find Your Calm</b> Find a quiet place and sit with your eyes closed. Practice breathing deeply for 2 minutes.</p>	<p><b>15 Eat Your Colors</b> Eat three different colored vegetables.</p>	<p><b>16 Mindful Minute</b> For 60 seconds, clear your mind &amp; only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p><b>17</b> Participate in an activity of your choice but be sure to include someone you don't normally talk to.</p>	<p><b>18 Cardio and Stretch</b> Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times.</p>
<p><b>19 Junk Food Free</b> Have a junk food free day.</p>	<p><b>20 Tik Tok Dance</b> Create your own Tik Tok dance and share with your family and friends.</p>	<p><b>21 Be Kind</b> Treat everyone with kindness today.</p>	<p><b>22 4 for 10</b> 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold.</p>	<p><b>23 Tabata</b> Mountain climbers 20 seconds of work 10 seconds of rest 8 rounds</p>	<p><b>24 Fitness Time!</b> Create your own fitness activity! Choose 3 fitness activities, decide how many to do of each, and then keep doing each set of three activities for 3 minutes!</p>	<p><b>25 Meal Plan</b> Create a healthy meal plan for the week.</p>
<p><b>26 New Friends</b> Sit with a new kid at lunch. Invite someone new to your table.</p>	<p><b>27 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>28 Vertical Jump</b> Jump as high as you can for 30 seconds. Repeat.</p>	<p><b>29 Journaling</b> Before bed, take time to read a book or write something you are grateful for in a journal.</p>	<p><b>30 Health Resources</b> Find three credible health resources for healthy lifestyle from the internet.</p>	<p><b>31 Grounding</b> The 5-4-3-2-1- exercise brings you back to the present moment through all your senses. Notice 5 things you can see, 4 sensations you can feel, 3 sounds you can hear, 2 things you can smell, 1 thing you can taste.</p>	