

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Health Observances: <ul style="list-style-type: none"> American Heart Month Black History Month Teen Dating Violence Awareness Month World Day of Social Justice – 20th Random Acts of Kindness Week – 14th-20th Random Acts of Kindness Day – 17th 			1 Celebrate Black History Month Black History Month Athlete Fitness Challenge	2 Share your favorite physical activity with a family member.	3 Do something kind for a family member.	4 Trash Pick Up With an adult, pick up trash around your house, neighborhood, or school.
5 Tech Time Out Tech time out - no device for a day.	6 Make a list of things that you are grateful for in 10 minutes. Reflect on your list.	7 Complete the health .moves .minds Mindfulness Pledge .	8 Wake Up Wednesday As soon as you get out of bed, shake your body for 20 seconds, do 20 jumping jacks, and touch your toes for 20 seconds.	9 Try Five Try these five mindful exercises	10 Ask an adult to share a positive story about their PE class.	11 Walking Fun Outdoor Walk Bingo
12 Super Bowl Sunday Perform 1 push-up for every point scored after every touchdown. 7 points= 7 push-ups. Perform 1 squat for every point scored after every field goal. 3 points= 3 squats.	13 Celebrate Black History Month March to Montgomery	14 Valentine's Day/Kindness Monday: How to Take and Lead a Kindful Minute Random Acts of Kindness Week begins	15 Share a Laugh Tell a joke, watch a funny movie or draw a silly picture with someone.	16 Using household items that won't leak or break, perform one exercise for each movement pattern: hinge, push, lunge, pull, squat, brace, carry, rotate.	17 National Random Act of Kindness Day Without the person asking, complete one of their chores for them before they are able to do it!	18 Kindness Rocks Paint kindness rocks or write kind notes and hide them around your community for others to find.
19 You First Let someone go before you in a store, in a line or anywhere else you can think of!	20 World Day Social Justice  Calendar Campaign Competition: Submit an idea to learn about social justice HERE or scan the QR code. You might see your activity listed in future calendars!	21 Put your favorite song on and make up a dance or fitness routine!	22 Celebrate Black History Month Research your local area. If there was a civil rights march nearby at one point, complete the same march. If not, research a historical march and walk an equal distance.	23 Teach a friend or family member your favorite workout and have them perform it with you.	24 Conserve Water Take a short shower, turn off the water while brushing, keep the lights off	25 On the Hunt! Indoor Scavenger Hunt!
26 Ring, Ring Call a family member or friend that you haven't talked to in awhile to say "hi".	27 Gratitude in Your Attitude Write down something you thankful for right now in this moment.	28 Reflect on something you learned from Black History Month. How can you be more inclusive of others everyday?			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.	