

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>National Health Observances:</p> <ul style="list-style-type: none"> Alzheimer's & Brain Awareness Month National Safety Month 18: Autistic Pride Day 12: Juneteenth Month <p>This month be mindful of all the activities you do each day.</p> <p>How will each activity help take care of your mind and body over summer break?</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.</p> <p>Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)</p>	<p>1 Yoga Time</p> <p>Do yoga with a family member or friend for 10 minutes or attend a local yoga class. You can find videos on YouTube.</p>	<p>2 Scavenger hunt</p> <p>Create an indoor or outdoor fitness scavenger hunt and challenge your family to complete it.</p>	<p>3 Track your Sleep</p> <p>Write down what time you when to bed and what time you woke up for three days in row. Are you getting 8 hours per night.</p>	
<p>4 Plan a Celebration</p> <p>Plan an end of school year sports party!</p>	<p>5 Family Game Time</p> <p>Challenge your family to a game of your choice! Try ultimate, Spikeball, kickball, volleyball or make up a new game.</p>	<p>6 Core Challenge</p> <p>Hold a front plank, left side plank, then right side plank for 1 minute each.</p>	<p>7 The Wednesday Dance</p> <p>Try the Wednesday Addams dance this Wednesday!</p> <p>https://www.youtube.com/watch?v=NakTu_VZxJ0</p>	<p>8 Water Challenge</p> <p>Drink only water the whole day.</p>	<p>9 Mindfulness Break</p> <p>Swing on a hammock, listen to the birds.</p>	<p>10 Fitness goals</p> <p>Use your fitness test results to plan your goals. Write down 3 fitness goals you have for the summer.</p>
<p>11 Plant a fruit or veggie!</p> <p>Pick your favorite fruit or vegetable and plant a fruit tree outside.</p>	<p>12 Dance</p> <p>Put your favorite song on and make up a dance or fitness routine!</p>	<p>13 Express yourself</p> <p>Set an attainable goal to express your feelings and thoughts respectfully.</p>	<p>14 Tree Pose</p> <p>Improve your balance by performing the tree pose.</p>	<p>15 Summer Activities</p> <p>Develop a plan for ways to stay physically active throughout the summer.</p>	<p>16 Jumping Jacks</p> <p>Set a timer and do 20 Jumping Jacks every hour!</p>	<p>17 No Electronics</p> <p>Challenge yourself to spend 2 hours away from electronics.</p>
<p>18 Autistic Pride Day</p> <p>Learn more about Autism Spectrum Disorder (ASD) and Autistic Pride Day. How can you be more inclusive specifically of individuals with ASD?</p>	<p>19 Juneteenth</p> <p>Using the link below, learn about Juneteenth. Go for a walk with a family member or friend and discuss why this is an important holiday in our country.</p> <p>Juneteenth</p>	<p>20 Teach a Dance Move</p> <p>Get at least one family member or friend to learn your favorite dance move.</p>	<p>21 Check-in Call</p> <p>Call a family member or friend you haven't spoken to in a while and ask them how they are doing.</p>	<p>22 Frog Jumping</p> <p>See how many consecutive frog-jumps you can do in 30 seconds. Challenge a family member to a contest.</p>	<p>23 Explore your Neighborhood</p> <p>Invite a family member for a walk/jog in your neighborhood.</p>	<p>24 Circuit Set</p> <p>Perform each 3 times:</p> <ul style="list-style-type: none"> 10 Box Jumps (step-ups) 10 Pushups 10 Bench/Chair Dips Hold a 30 second Plank 3 times
<p>25 Invasion Game</p> <p>Invite your friends to play an invasion game (basketball, soccer, flag football, etc.)</p>	<p>26 Jab, Jab, Cross</p> <p>Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p>	<p>27 Go Fishing!</p> <p>Learn to fish or go fishing at a local pond or lake.</p>	<p>28 Meal Plan</p> <p>Plan a 7-day week of healthy meals. Include what you will eat for breakfast, lunch, dinner, and snacks each day.</p>	<p>29 Core Challenge</p> <p>Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>30 Identify a constellation</p> <p>Go outside at night and identify a constellation of stars in the sky. Draw it, write down its name, and share with a friend.</p>	