

Physical Activity & Mental Health

Week 7-8

Purpose: This calendar encourages students and families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions: Each day complete at least 5 of the activities below to help you reach 60 minutes of physical activity. Physical activity is good for your body, your brain and your mental health so it is important that you strive to be active 60 minutes every day.

✓ Done	Physical/Mental Health Activities
	1 Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	2 Do as many curl-ups as you can.
	3 Think: I will be the best I can be! Live this motto all day!
	4 Say your math facts while doing reverse lunges.
	5 Do 10 burpees and 10 sit-ups.
	6 Take a walk to clear your head.
	7 Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	8 Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	9 Squeeze and let go, tensing different muscles in the body for 5 seconds and then slowly releasing.
	10 Do 20 jumping jacks and 20 plank jacks.
	11 Do push-up shoulder taps while reciting your spelling words.
	12 Have a 'mindful' snack by describing the smell, texture and taste of the food.
	13 Think: I can do hard things! Live this motto all day!
	14 Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	15 Find shapes in the sky by laying down and choosing different objects to search for in the clouds.
	16 Do as many squats as you can.
	17 Do 30 mountain climbers and 30 bicycle crunches.
	18 Listen to some music and see how many different instruments you can each hear.
	19 Take a walk.
	20 Think: I will train my brain (and body)! Live this motto all day!
	21 Start a gratitude journal.
	22 Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	23 Do as many push-ups as you can.
	24 Do jumping jacks for one minute and then pay attention to your heartbeat.
	25 Read a book while doing a wall sit.
	26 Take a walk.
	27 Think: I love to challenge myself! Live this motto all day!
	28 Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	29 Move during TV commercials. (No TV? Move for 5 minutes each hour.)
	30 Sit still for one minute and then pay attention to your heartbeat.
	31 Crab walk and hold a plank as you count to 40.

Please Remember

- ✓ Always get adult permission before doing any activity.

