

Physical Activity & Mental Health

Week 9

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 Check the total carbs on any food label. Do that # mountain climbers.
	2 Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	3 Make time every day to enjoy something you really like to do.
	4 Using an invisible jump rope, practice 10 double unders.
	5 Use an invisible jump rope to practice some tricks.
	6 Rest. Go to bed and get up at a regular time each day.
	7 Take a walk.
	8 Check how many calories are in a piece of candy. Flap your arms that #.
	9 One hour before bedtime, turn off your phone and computer.
	10 Play with a friend.
	11 Do as many trunk lifts as you can.
	12 Focus on living "in the moment."
	13 Do push-up shoulder taps while reciting your spelling words.
	14 Take a walk.
	15 Practice kind thoughts by thinking of 5 people you would like to send kind wishes to.
	16 Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	17 Play your favorite tag game with your family.
	18 Give Back. Find ways to contribute, it can help you feel good about yourself and who you are in the world.
	19 Using an invisible jump rope, do 20 straddle jumps.
	20 Perform squat-jumps while naming the continents.
	21 Take a walk to clear your head.
	22 Try something new at dinner!
	23 Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	24 Ask your parents what you can do to help out!
	25 Do as many push-ups as you can.
	26 Using an invisible jump rope, practice 20 ski jumps.
	27 Read a book while doing a wall sit.
	28 Take a walk.
	29 How much fat is in your favorite salad dressing? Do that # of plank jacks.
	30 Practice yoga poses.

Please Remember

- ✓ Always get adult permission before doing any activity.

