

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Health Observances: <ul style="list-style-type: none"> National Gratitude Month American Diabetes Month Lung Cancer Awareness Month 13th World Kindness Day <p>Extra Halloween candy? -Check out Operation Gratitude to send a package to troops -Participate in a local candy "buy back"</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>Yoga Images from www.forteyoga.com</p>			<p>1 A Gratitude Attitude Write down something you're thankful for and why.</p>	<p>2 Jumping Beans Be creative and see how many different ways you can jump rope. Teach a friend.</p>
<p>3 Self-Care Sunday Make time to do something you really like today.</p>	<p>4 Jump rope to music! Can you jump to an entire song without stopping?</p>	<p>5 Cow Pose On all fours arch your back with your head looking up while your tummy is pushed toward the ground.</p> 	<p>6 Scavenger Hunt Split into two teams; make a list of 20 things related to winter and race to see which team can find them first.</p>	<p>7 Music Break Put on your favorite song, lay down, close your eyes. How do you feel after the song is finished?</p>	<p>8 Crawl Like a Seal Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.</p>	<p>9 Cat Pose On all fours round your back pulling your spine towards the ceiling while looking at the ground.</p> 
<p>10 Carioca Move with your shoulders facing forward. Say to yourself: Side, front, side, back</p>	<p>11 Pause for Thanks Stop during the middle of a busy activity to name 5 things you are thankful for.</p>	<p>12 Positive Talk Tuesday Be sure to talk to yourself today like you would talk to someone you love.</p>	<p>13 Leave a Note Leave a nice note for someone to find today. Examples: -You have a nice smile -Thank you for being a good friend. -You're fun to play with World Kindness Day</p>	<p>14 Balloon Bounce Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner.</p>	<p>15 Create a Game Use your imagination and make up a game using a ball, a sock, and a jump rope.</p>	<p>16 Nighttime Note Empty your mind before you go to bed by writing a note about what you're thinking and leave it for tomorrow.</p>
<p>17 Sunday Prep Do one thing today to help prepare you for the week. Examples: -Pack your backpack -Check your homework -Pick out your clothes for the week</p>	<p>18 Cow-Cat Pose Try your cow and cat yoga poses together.</p> 	<p>19 Bicycles Lie on your back and move your legs like you're riding a bicycle to strength your stomach muscles.</p>	<p>20 Just play! Hide-and-see, tag, hopscotch, hula hoop, pogo stick, it's up to you!</p>	<p>21 Freeze Dance Have someone start and stop music. When the music is on dance, when it's off strike a crazy pose.</p>	<p>22 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p>23 Clap and Catch Throw a soft object up into the air. See how many times you can clap before you catch it.</p>
<p>24 Makeshift Bowling Set up 10 targets like bowling pins and practice your bowling skills. Can you get a strike? A spare?</p>	<p>25 Rock Paper Scissors Tag Meet in the middle, shoot, winner chases the loser back to safe zone. If tagged, join the other team.</p>	<p>26 Positive Talk Tuesday Be sure to talk to yourself today like you would talk to someone you love.</p>	<p>27 Band Aid Tag When you get tagged you place your hand on the spot you got tagged. Three tags and you go to the hospital (sideline) to get fixed.</p>	<p>28 Shoulder Shrugs Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.</p>	<p>29 Crab Walk Try crab walking around your living room. Gather family members or friends and have a race.</p>	<p>30 Walking Practice walking at different paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions</p>