

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Wall Sit Find an empty space on a wall and put your back to it. Now pretend to be sitting in a chair by bending your knees 90 degrees. Hold for 30 seconds. Repeat 3x and feel the burn!	2 Ragdoll Pose Hold the Ragdoll Pose for 30 seconds. Repeat at least 10 times! 	3 Play Catch Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.	4 Limbo Grab a broom stick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?	5 Boat Pose Hold Boat Pose three times for 15 seconds. 	6 Toe Fencing With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.
7 A Quarter's Worth How much is a quarter worth? Complete 25 of the following: Skip Jump Lift Knees Walk backwards	8 Driveway Sprint Run the length of your driveway and back as fast as you can. Have a family member time you. Now beat your personal best!	9 Savasana Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind. 	10 I, Spy Walk Go for a walk with your family while playing a game of I, Spy.	11 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.	12 Move to Music Put your favorite song on and make up a dance or fitness routine!	13 Set the Menu Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy.
14 Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest	15 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.	16 Downward Dog Hold three times for 20 seconds. Try lifting one leg for an even greater challenge! 	17 Wake and Shake As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.	18 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.	19 Play All Day Just play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!	20 ENJOY YOUR SUMMER BREAK...BE SAFE,
21 FEEL FREE TO FINISH THE JUNE CALENDAR ON YOUR OWN! SEE YOU IN THE FALL!	22 Sidewalk Chalk Balance Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing.	23 Get Wet Play outside and run through the sprinkler today or go for a dip in a pool, lake, pond, or the ocean! How does your body respond to the water temperature?	24 Jump, Jump Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.	25 H-A-L-T-E-D HALTED stands for Hungry, Angry, Lonely, Tired, Embarrassed, Disappointed. Over the next few days pay attention to your feelings. Do you tend to act differently when you feel one of the letters in HALTED?	26 Bear Walk With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.	27 4 Walls Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps
28 Read & Move Pick a book to read and select an "action word" that will be repeated often. When the "action word" is read stand up and sit down.	29 Happy Baby Pose Straighten your legs for an added challenge. 	30 Think about all the activities you did IN PHYSICAL EDUCATION throughout the year. How will you take care of your mind and body over the summer break?	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. Happy exercising!			