



SECONDARY Mind & Body Calendar

Celebrate
World Kindness Day
this month!

November 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Reset Sunday	Mindful Monday	10 for Tuesday	Wellness Wednesday	Thoughtful Thursday	Flip a Coin Friday	Super Saturday
1 Create a Sunday recharge routine that will get you ready for the upcoming week.	2 Mindfulness- Pay full attention. Slow down, Notice what you're doing. Focus & Relax. bit.ly/SelfAware101	3 10X Jump Rope 10X Mountain Climbers 10X Boxing Punches (Each arm) 10X Step Ups (Each leg) Repeat 3 times	4 Intro to Mindful Movements Part 1: The Champion by Carrie Underwood National Stress Awareness Day	5 Put together a jigsaw puzzle.	6 Flip a Coin Heads: Complete 12 flutter kicks Tails: Complete a 12 second side plank for each side	7 Go on a short hike or bike ride with your family.
8 Disconnect from social media and reconnect with family and friends.	9 Muscle Relaxation- A strategy to calm the mind by focusing on the body. Squeeze each muscle tight & hold that position. Relax the muscle. Part 1- bit.ly/MuscleRelaxation1 Part 2- bit.ly/MuscleRelaxation2	10 10X Jumping Jacks 10X Push Ups 10X Curl Ups 10X Supermans 10X Squats (Repeat 2, or 3 times)	11 Mindful Movements Part 2: I AM the Champion Veterans Day	12 Write a bucket list of 50 things you want to do in your life	13 World Kindness Day Safely and actively help someone in need with a physical chore- yard work, taking the trash out, cleaning the home, etc. Perform acts of kindness for three different people!	14 Help around the house without being asked to do so.
15 Technology detox day - no devices for 24 hrs.	16 Mindful Minute- Pause. Be present. Focus on your breathing & be present in the moment.. bit.ly/Mindful_Minute	17 National Take a Hike Day Go for a hike or take a walk in nature.	18 Mindful Movements Part 3: Spelling out Champion	19 Find a coloring sheet and take a few minutes to color.	20 Flip a Coin Heads: Perform 8, slow, walking lunges holding a heavy object. Tails: Perform 8, slow sumo squats.	21 Do a 5-minute full body stretch and each stretch for 20 seconds.
22 Rehydrate by creating Detox Water.	23 Empowerment- The process of becoming stronger & more confident, especially in controlling one's life and claiming one's rights. bit.ly/PowerThroughEmpowerment	24 10X Walking Lunges 10X Squats 10X Walking Lunges 10X Squats 10X Front Kicks (Each legs)	25 Finally, putting it all together with the music. Let's do this!	26 Thanksgiving Day Give a compliment. It only takes one sentence.	27 Tell someone close to you why you are GRATEFUL for them. BONUS- talk it out while running a 5K or while going for a walk.	28 Create as many balance stunts as you can!
29 Take time to reset for the week.	30 Positivity Challenge- The Power of the words we Speak. bit.ly/POWERofWords National Personal Space Day	National Health Observances			<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>	
		<ul style="list-style-type: none"> • National Gratitude Month • American Diabetes Month • Lung Cancer Awareness Month • 4th National Stress Awareness Day • 13th World Kindness Day • 17th National Take a Hike Day • 30th National Personal Space Day 				