

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1 Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind.



May 14

2 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat

May 15

3 Cat Cow Pose Cat pose, round the back and tuck the chin into the chest. Cow, sink the belly toward the floor and arch the back, looking up.



May 16

4 Step by Step

How many steps does it take to get from your room to your front door? How many steps to walk all the way around your home? Can you think of other steps to take?

May 17

5 Mindful Snack

When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you're eating. What do you notice?

May 18

6 Bottle workout

Fill two large plastic bottles with pebbles. Lift those bottles, one in each hand, over your head, behind your back, in front of you 5 to 10 times.

May 19

7 Touch the object

Have a family member name an object which you have to run to and return as fast as possible.

May 20

8 Musical Frogs

This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).

May 21

9 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 right foot. Move across the room

May 22

10 Before Bed Breathing

While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.

May 23

11 Chungi Challenge

Try to kick the chungi in the air as many times as possible without letting it drop to the ground.

May 24

12 Fish Pose

Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.



May 25

13 Play Catch

Grab any object and play catch with a family member. Keep your eyes on the object and catch it with your hands not your body.

May 26

14 Wild Arms

As fast as you can complete: 10 Arm Circles front & back 10 Forward punches 10 Raise the Roof's. Repeat 3x

May 27

15 Mindful Senses

What do you notice around you? Find: **5** things you see **4** things you feel **3** things you hear **2** things smell **1** thing you taste

May 28

16 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.

May 29

17 How Fast Can You Go?

Pick a distance and see how fast you can run the distance.

May 30

18 Inch worms

Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up.

May 31

19 Garland Pose

Practice your balance with this pose!



June 1

20 Fast Clap

Clap your hands right in front of your body, for 30 seconds. How many claps did you manage to make? Now do the same with your hands over your head, behind your back.

June 2

21 Pebble Pickup

Scatter some coins or pebbles in front of you. See how fast you can gather the coins or pebble and drop them in a bowl. Try to gather them with your toes before dropping them in the bowl.

June 3

22 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.

June 4

23 Chair Pose

Hold for 30 seconds, relax then repeat.



June 5

24 Positive Self-Talk

Tell a family member things you like about yourself and things you are proud of about yourself for 2 minutes.

June 6

25 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.

June 7

26 Dance

Put your favorite song on and make up a dance or fitness routine!

June 8

27 Standing Forward Pose

Try to grab your ankles by bending forward at the waist. Bend your knees to make it easier.



June 9

28 Step Jumps

Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.

June 10

29 A Gratitude Attitude

Write down something you're thankful for and why.

June 11

30 Run on the spot

Run on the spot as fast as you can for one minute. Rest 30 seconds and repeat four times.

June 12

31 Child's Pose

Sit back on your heels and bring your forehead down in front of your knees. Rest your arms alongside the body.



June 13