

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

National Observances

- May 1-7: National Physical Education and Sport Week
- May 4th: Star Wars Day
- May 5th: Cinco de Mayo
- May 6th: National Nurses Day
- May 10th: Mother's Day

3 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?

4 Star Jumps

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

**5 Celebrate**

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

**6 A Gratitude Attitude**

Write down something you're thankful for and why.

7 Tabata

Jump squats
20 seconds of work
10 seconds of rest
8 rounds

1 Crane Pose

Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows.

**2 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

10 Positive Talk

Be sure to talk to yourself today like you would talk to someone you love.

11 Fish Pose

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

**12 Wild Arms**

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

13 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

14 Jump rope to music!

Can you jump to an entire song without stopping?

15 How Fast Can You Go?

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

16 Slide, Slide, Sprint

Slide to your left for 10 steps, slide to right for 10 steps then face forward and sprint for 10 seconds.

17 Tabata

Tuck Jumps
20 seconds of work
10 seconds of rest
8 rounds

18 Garland Pose

Practice your balance with this pose!

**19 Commercial Break**

Can you hold a plank for an entire TV commercial break?

20 Nighttime Note

Empty your mind before you go to bed by writing a note about what you're thinking and leave it for tomorrow.

21 Paper Plate Planks

In plank position with paper plates under your feet. Complete 30s each:
-mountain climbers
-in and out feet
-knees to chest

22 Positive Talk

Be sure to talk to yourself today like you would talk to someone you love.

23 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.

24 Card Fitness

Take a deck of cards, flip the top card. Complete exercises based on the suit & number on the card. Face cards are worth 15.
Spades- jumping jacks, Clubs- squats, Hearts- mountain climbers, Diamonds- Your choice

!

25 Chair Pose

Hold for 30 seconds, relax then repeat.

**26 Step Jumps**

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

27 A Gratitude Attitude

Write down something you're thankful for and why.

28 Balance

Stand on your right leg and lift your left knee at a 90-degree angle. Touch your toe without falling repeat 10 times then switch sides

29 10 Jump Lunges

Complete a right leg lunge, while in the down position jump up landing in a lunge position on the left leg.

30 Commercial Break

Can you hold a plank for an entire TV commercial break?

31 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.

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!

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