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**January**

**Have Fun - Be Healthy**

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| New Year’s Family Walk & Talk – As you walk share ways that your family is going to be healthy. | Using recycled paper- make paper snowballs and have a paper snowball fight. | Cut out paper snowflakes and make a trail of snowflakes in your house –walk or hop along the trail. | Put crumbled paper on the ground - close your eyes - bend down and try to get one. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QAS31FL\MC900412570[1].wmfWalk up and down the stairs or jog in place. | Sit on a towel and use your arms to pull and push yourself across the floor. | Put some music on and dance – try to keep moving for an entire song. |
| Spread pillows all over the floor -step only on the pillows - act like the floor is lava you can’t touch. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QAS31FL\MC900139599[1].wmfBear crawl across the floor. | A Silly Walk – walk all around your house acting out different emotions – walk happy, shy, sad, excited, scared | Clap and snap your hands to make up a beat. See if you can make up the words to a new song or rhyme. | Play follow-the-leader inside. Take turns moving to a different room and doing a fun movement. | Read a book and act the parts out as you are reading it. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\B2575XAS\MC900432590[1].pngHave a pillow fight! |
| Use a kitchen pan and recycled paper – make paper balls and practice throwing from different distances. | Run in place for 60 seconds. Rest, the repeat! See how many times you can do this. | Jump over a pillow – then hop over the pillow 5 times.C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W91NSQ5Q\MC900355831[1].wmf | The snow is melting – pretend there are lots of puddles: jump over them, crawl around them, splash in them. | Act like you are on a nature hike around your house. Tell about the things you see. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W91NSQ5Q\MC900434455[1].wmfHelp your parents by washing the dishes. | Pretend to be a spider spinning your web. Stretch high, low, across, under. Make it as big as you can. |
| Go on an imaginary walk. Pretend to walk through the sand, over a bridge, through the mud, or under bushes. | Make a tunnel using chairs and a blanket. Crawl through it; walk, skip, hop, and run around it. | Spread out wash cloths and move across the floor stepping only on the wash cloths. | Time for a Winter Rock Party – turn on the music and dance until you feel your heart beating really fast! | Pretend to be painting your house – stretch high and low, paint fast and slow. | Toss a little beanbag back and forth or up in the air as many times as you can without it touching the floor | Copy Me – toss a sock in the air, do a trick and catch the sock. Can someone copy you or can you copy them? |
| Turn on some soft music and work on stretching every part of your body. Be sure to breathe as you stretch. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\B2575XAS\MC900252451[1].wmfDo 20 pushups every three hours today.  C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W91NSQ5Q\MC900355831[1].wmf | Say a color – go to an object that color – however many letters are in the color – do that many jumping jacks | Pretend to be marching in a parade. Imagine you are playing an instrument as you march around. | Fast and Slow – find two different songs – one for a fast dance and one for a slow relaxing stretch exercise. | Read through each day again and repeat your favorite activity from the month of January. | Today you are rain –act out a mist, a drizzle, or a downpour; windy rain, heavy rain, or a cold rain. |

**February**

C:\Program Files\Microsoft Office\MEDIA\CAGCAT10\j0235241.wmf**Have Fun - Be Healthy Heart Health Month**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Silly Walk Around the House – walk around your house fast, then jogging, then running. | Monday Mirror Game – face a partner and copy what their bodies do as if you were looking in a mirror. | **C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\B2575XAS\MM900040902[1].gif**Time to Act like a Dog – roll, run, jump, grab a friend, and have fun! | Make balls of paper - see how far you can throw them – remember to step with the opposite foot as your throw. | Act Like a Frog – place paper plates in a circle. Hop to each plate. If you fall, you have to start all over. | Be things around your home – a blender, a washing machine, a vacuum. What does this do to your heart? | Be a Movement Detective – go for a 20 minute walk and see how many different exercises you can do. |
| Sweep the floor, working your reaching and pulling and pushing motions. | Act out the foods that make your heart healthy – a tiny blueberry, a curvy banana, and a swimming fish. | Time for a winter movement party – turn on some music and dance until you feel your heart beating really fast. | Visit each doorway in your home. Jump up and down 7 times in each doorway. | Pretend you are a bubble floating through your house – get very close to things without touching them. | Make a circle on the floor with a string and move into, out of, around, over, and beside it. | Pass the Ball with a Friend – pass the ball back and forth with a friend. Play for 15 minutes. |
| Clean Machine – dust high, low, over, and under. Work your muscles! You can mom’s heart happy too! | Give Away Five Hugs today to make your heart feel happy and healthy today! | Place a sheet of newspaper on your tummy – try to run without it falling off. | Put on some music and dance for two entire songs. Check your heart rate once you finish. | Run like a bear – with your hands on a T-shirt and your feet on the ground. Push the t-shirts on different paths. | Play catch with someone with a rolled up t-shirt. Toss it up and catch it on different body parts. | Speed Walk around your house looking for as many different colors as you can find. |
| Take turns doing one simple movement. As you do a new movement, repeat the ones you have already done. | **C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W91NSQ5Q\MC900432389[1].wmf**Have a pillow fight to get your heart pumping! | Twist, turn, bounce, and bend – try doing each of these movements with different parts of your body. | Lie down and feel your heart. Then get up and run in place - feel your heart again – what happened? | Wad up a towel -place it between your knees and try to run across the room without dropping it. | Friday Flashlight Dance – when your parent shines a flashlight on you, shake your body to the music. | Play your favorite sport with your friends or family today for 30 minutes. |
| Join a parent to go on a nature walk around your house or neighborhood. | Play Tag – join a friend or family member and play tag in the yard! | Explore Your Speed  Run around your house as fast as you can and then run as slowly as you can. | Visit each window in your home. When there, try to jump as high as you can as you reach and stretch. | Jumping Skills – roll up a towel on the floor – practice jumping back and forth over it as you sing a song. | Act Like a Robot – move around your house walking and talking like a robot. Do exercises like a robot would do. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\B2575XAS\MP900384783[1].jpgJog around your neighborhood for some fresh air and your heart’s health. |

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**March**

**Have Fun - Be Healthy**

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Loud and Soft – walk on your tip toes trying to be really quiet, them stomp trying to be really loud. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QAS31FL\MC900139349[1].wmfDo a relay race with family or friends. | Go Outside – practice moving in different ways: fast, slow, like and animal, like a leaf, ideas of your own? | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8M99ZI2H\MC900232522[1].wmfDance to the Beat of your favorite song. | Run in Place – practice running in place for 3 minutes. Then stretch and cool down. | Balance on one foot and count how many seconds you can balance. This will help you get in good shape. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W91NSQ5Q\MC900383228[1].wmfGo on a treasure hunt around your yard with family or friends. |
| Take a few minutes today to lie on the floor and stretch your body from head to toe. Take some deep breathes and relax. | Put Hula Hoops or make circles with a towel to be the lily pads – move around the room like a frog. | Try balancing on one foot – count how long you can stay balanced. Hop on one foot – see how long you can. | Tie a sock into a ball and practice throwing and catching with a friend. | Find a big space – touch your toes, wiggle your body, jump up and down. This will help you be in good shape. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W91NSQ5Q\MP900422720[1].jpgFins a wide space in your home and practice leaping around the room. | Go on a family bike ride – if you don’t have a bike, go on a walk together around the neighborhood. |
| Practice throwing a ball with a family member today! | Make paper balls and try tossing them up in the air and catching them, throw them and run get them. | Walk with your family around the block and see how many people you can see. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W91NSQ5Q\MC900057952[1].wmfCrawl through your house two times. | Play Tag with a family member outside to get some fresh air! | Place washcloths around your house. Pretend that if you fall off, you fall in the water. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\B2575XAS\MC900091083[1].wmfPlay Leap Frog with a family member or friend. |
| Play “I Spy” – walk with your family and each time someone says “I spy..” you gallop, walk, run, or skip to that object. | Chair Exercises – move around, under, and over a chair, sit down and stand up, turn on music and wiggle. | Make a paper beach ball and pretend you are playing on the beach with a friend. | Walk around your yard doing different exercises along the walk. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\B2575XAS\MP900446565[1].jpgGo outside and just have FUN playing for 30 minutes. | Help around the house cleaning today!C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W91NSQ5Q\MC900156639[1].wmf | Exercise by galloping, running, leaping, doing cartwheels, or other moves you like. |
| Play your favorite sport outside with your family today.C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W91NSQ5Q\MP900442486[1].jpg | Go outside with your family and pick up as much trash as you can around your neighborhood. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W91NSQ5Q\MC900232141[1].wmfBe a Superhero- move around the room like your favorite superheroes. | Run around your house five times.  C:\Program Files\Microsoft Office\MEDIA\CAGCAT10\j0185604.wmfCheck your heart rate. | Go on a family walk and see how many different flowers you can see. | Ask someone to go on a walk with you. As you walk, make up a song about spring and have fun! | End the month with a game of follow the leader. Move around your house in different ways. |

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**April**

**Have Fun - Be Healthy**

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Get outside and run, gallop, and jump all over. Feel your heart when you are done, what is it doing? | Wad up a Kleenex, lie down on the floor like a snake and blow the Kleenex across the floor. | Find four pillows and work to balance one, two, three, and then all four of them. | Pretend to be a horse galloping, a pig rolling in the mud, a farmer picking apples, plus one of your own. | Bouncing and Catching – practice your skills with a friend or family member using a ball today. | Make an obstacle course around the room for you to walk, crawl, and hop through. | Work on your bending, twisting, shaking, reaching, crunching, and other ways of moving in place. |
| Can you walk through your home pretending not to wake anyone up? Be soft, quiet, and very careful. | Find cool shapes in the clouds and try to make that shape with your body. | Have fun rolling around your home. Roll in a straight line, curved line, and a circle. | Jump over cracks in the driveway, jump over pebbles in the yard, hop around the yard. | Count your steps around your home – how many steps is it from one room to another or how many all around? | Work Your Muscles – by crawling, bear walking, and crab walking across the room. | Pretend you are a bird – walk on a scavenger hunt around your yard to see if you can find any feathers. |
| Put one small item on a paper plate and carry it across the room in your palm. Can you carry two items, three? | Pretend that your home is full of mud puddles and your job is to jump over them without getting wet or dirty. | **C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W91NSQ5Q\MC900446202[1].wmf**Find things you can “slither” like a snake around. | Work on underhand tossing into different sized targets. | Use an empty paper towel roll and a balloon – volley the balloon so it does not touch the floor. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W91NSQ5Q\MC900020496[1].wmfAct like a cheetah – run from one spot to another and back. | Practice your walking today – swing your arms, keep your head up, shoulders back. |
| Ask someone in your family to go outside with you and GET MOVING around the yard together. | Pretend you are an animal and move around the yard like different animals – crawling, running, prowling. | Rolling – practice your skills trying to knock over items, and then run to set them back up, run back and try again. | Exercise as you practice spelling your weekly spelling words. | Walk around your yard or join your parents around the neighborhood and find things you like or don’t like. | Put a paper plate or other item on your head and move across the room without it falling off. | Ask someone to practice tossing and catching with you. Keep your eye on the ball - move your body to the ball. |
| Running is great for your heart! Try running for 2 minutes without stopping. | Practice being loud and soft; high and low. Think of other opposites you can use to move around your home. | Practice running today – keep your head up, swing your arms, and shoulders back. | Pretend to be a seed planted in the ground and then grow into a big, strong tree. | Practice your hopping. Remember to start and land on the same foot – near and far, high and low. | Using kitchen tongs – practice picking up a wash cloth and carrying it to the other side of the room then repeat. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\B2575XAS\MC900440542[1].wmfSort all the leaves, rocks, and sticks you can find in your yard. |

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**May**

**Have Fun - Be Healthy**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Family Walk – take a walk and talk about things that happen in the Spring. | Bend down and then jump up really high – making yourself big, stretch out those arms. | Use your body to pretend that you are a type of weather – storm, wind, rain, sunshine. | Go to every room in your home - make a very funny dance 1 minute long. Have your family dance with you. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QAS31FL\MC900391148[1].wmfGet a ball and practice on your aiming skills. | Go outside and run in different ways: fast, slow, sideways, backwards, or others you create. | Rainbow Run – when someone says a color, try to run and find something that color. |
| C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\B2575XAS\MC900434459[1].wmfGo on a walk – each time you see a sign of spring, do 10 jumps for joy! | Pick and Exercise – then do that exercise 10 times and get your heart pumping! | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8M99ZI2H\MC900151949[1].wmfPretend you are pushing a big heavy car. You have to push it very hard using those muscles! | Pair Up – get another person in your home and take turns doing a movement for the other to copy. | Go outside and toss a ball – see if you can run catch it before it lands on the ground. | String Shapes – get a piece of yarn and toss it in the air, when it lands form the same shape with your body. | Go on a family walk – try different movements: walking, running, jumping, galloping, or skipping. |
| Go outside and pretend you are a kite – stand on your tiptoes and stretch – then run around like a kite in the air. | Make a pose and try to keep your balance while you count by 5s to 100. Try a harder pose and count to 200. | Act like your favorite animal – move around the way it would. Try some more animals. | Practice on your jumping jacks – standing up, lying down, or what about sideways? | Tossing – get a ball and practice tossing it back and forth with a friend or family member. | Practice your rolling skills by rolling a ball or something round to a friend or family member. Enjoy! | Copy Me – with a friend or family member, do an exercise and have them copy you, take turns leading. |
| Using paper plates or wash cloths to make a hopscotch pattern and work on your hoping and jumping skills. | Log Rolls – practice rolling at home in a straight line. Use those BIG muscles.  C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W91NSQ5Q\MC900239547[1].wmf | Go outside and run in a straight line, run in a circle, run in a triangle shape. Get your heart rate up! | All Aboard – spread a big towel on the floor, stand on it- jump up and down, jog in place, get your heart pumping | Work on stretching exercises – reach up high, stretch as high as you can, bend down low, side to side. | Go outside and pretend to be an animal running away from a lion. Run as fast as you can. | Pretend your elbow, foot, or hand is a big paintbrush – move around your home coloring the most beautiful picture. |
| Take a Walk with family – every time you see a car, stop and jump 10 times. | Balance something on your arm and try moving around in different ways without dropping it. Try other body parts | Roll up some socks- practice throwing and catching them. Add in some movements while they are in the air. | Get really silly today – make up new words and make up actions to go with them. | Run around your yard with a long piece of string. Try to run so fast the string stays in the air. | Find a chore that will help you become a better mover – sorting clothes, sweeping the floor. | Go back and see how many of this month’s activities you can repeat today! Have FUN! |

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**June**

**Have Fun - Be Healthy**

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Work on Your Tossing Skills – toss a ball or rolled up socks back and forth to a family member or friend. | Play catch with someone. Start really close and after every two tosses, back up  one step. | Work on your balance skills – lay out a rope or string, then walk across it keeping your balance. | Stretch Your Body – this is good to do every morning! Reach up high, bend down low  and touch your toe! | Run in Place – see how long you can run in place. Check your heart rate when you finish. | Move in Different Directions – move forward, backward, and sideways. | Run around the outside of your house, do 15 sit ups, run around the house again. |
| C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QAS31FL\MP900442486[1].jpgPlay your favorite sport outside with your family. | Set up some targets and practice your aim by throwing things at your target. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W91NSQ5Q\MC900089002[1].wmfPlay Hopscotch by yourself or with some friends. | Have a three legged walk with someone in your family. Stand side by side with your inside leg touching and moving together. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8M99ZI2H\MC900432469[1].wmfTry to spin a basketball on  your finger. | Go Outside – try to keep moving for 15 minutes without stopping: run, climb, jump, and swing. | Get Active – Have Fun: run in place for one minute, run around your house two times, do fifteen sit-ups. |
| Do a chore for your parents that involves being physical. | C:\Program Files\Microsoft Office\MEDIA\CAGCAT10\j0234131.wmfDo ten jumping jacks every three hours. | Throw a ball or rolled up socks high in the air and practice running to catch it. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QAS31FL\MC900442122[1].pngRun, walk, skip, jump – around your house two times. | Jump Rope for 5 minutes. If you don’t have a rope, pretend. Both are great for your heart! | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8M99ZI2H\MC900441798[1].pngPut on your favorite music and make up a dance for the entire song. | **C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QAS31FL\MM900213528[1].gif**Do 10 jumping jacks every hour today. |
| C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8M99ZI2H\MC900383334[1].wmfGo on a Family Run – run around your block together. | Snowball Fight in Summer – wad up paper balls and have an indoor snowball fight. | Practice your stretching – sit down and reach to your toes, stand up and reach high, make up some of your own. | Wiggle – wiggle your arms, your legs, and your body. Try to get your heart beating faster. | Fill up a bucket or container with water. Walk around your house without letting any water out. | Jog around your house. Check your heart rate to make sure you got it pumping faster. | Find a great place to exercise today – do 5 each: stretches up and down, jumping, sit-ups, push-ups. |
| Choose your favorite family activity and do it again today! | Sit on the ground and roll a ball back and forth to a friend; up close and far away. | While watching TV today – every time a commercial comes on: do 5 jumping jacks, jog in place, or make up your own. | Roll up a t-shirt – practice throwing it back and forth with a friend or family member. | Have your parents say the name of an animal – when they do, you have to act like that animal. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QAS31FL\MC900292482[1].wmfFind some cans and a ball. Go outside and practice bowling. | Create your own activity today that will help you and your family be healthy! |

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**July**

**Have Fun - Be Healthy**

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Turn on some fast, fun music and take turns with your family making up new moves. | Wad up some paper into balls and practice throwing them into a basket or at a target. | Jog around your house as you make up a song. Check your heart rate when you are done. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\B2575XAS\MC900351359[1].wmfPlay in the sprinklers with your friends today! | Make up a beat and then move to that beat – jumping, jogging in place, and other movements. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8M99ZI2H\MP900262689[1].jpgMake up a game with a friend and play it together. | Patriotic Dance Time – play some patriotic music and move to the beat for the entire song. |
| Go on a bird hike around your neighborhood with family and see how many birds you can see on the walk. | Walk, run, gallop, hop, skip, jump, slide, and leap. Which was your favorite – do it again. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\B2575XAS\MP900427601[1].jpgGo outside and blow bubbles, then chase them around the yard. | Get your feet wet, then walk around the driveway or sidewalk making tracks as you go. | Balance pillows on the back of your hand, on your arm, on your leg. See how long you can keep them balanced? | Set up a variety of targets: bottles, cans, buckets, and work on throwing at them from different distances. | Plan a day at the pool. If you don’t have a pool in your area, pretend to be swimming through the air. |
| Fins a bouncy ball and practice bouncing and catching. Bounce it off the wall or ground outside. | Find different things in your yard or around your room that you can jump over. | Have fun getting wet today – use the sprinkler or water hose to get wet, run, and play! | Start the day with stretching exercises: stretch high, bend low, jog in place, cool down. | Get a container of water you can carry on your head – go outside and walk around your house trying not to spill it. | As soon as you get up today – do 10 jumps, 10 reaches, 10 twists, and 10 crazy moves. | Go to the lake – or pretend to be at the lake, swimming, running, enjoying nature! |
| Set up and obstacle course using things to jump over, go around, and even move under. See how fast you can do it. | Do the course you did yesterday, but go through it the other direction. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8M99ZI2H\MC900371166[1].wmfPlay catch with a wet sponge – a great way to cool off and have FUN! | Ride your bike or run around your house three times. Be sure to check your heart rate. | Pretend to Swat a Fly – using a foam noodle, run around your yard swatting pretend flies. | Get your body wet and then lay down on the driveway – practice jumping over the impression of you. | Go on a family run around your neighborhood. Talk about things you like to do in the summer as a family. |
| C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\B2575XAS\MC900434917[1].pngFind your favorite activity from this month and do it again! | Pretend to go on a trip today. Drive your car, ride a motorcycle, and paddle a boat. Really use your muscles. | Using boxes, tarps, etc. make a fort. Pretend to live off the land – chopping wood, gathering food, etc. | Play Kangaroo Ball! Hold a ball as you hop around an open space and try to put the ball in a box. | Go on a walk all around your yard – first go in straight lines, then curvy, then try walking backwards. | Play a game. One person says, “I see a mailbox” and the other person has to run to it, touch it, and run back. | Go to a nearby park with your family and play on the equipment or go on a nature walk together. |

Get 8 hours of sleep each night – Drink plenty of water each day – Do something physical each day

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**August**

**Have Fun - Be Healthy**

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\B2575XAS\MC900229559[1].wmfPlay a game with no rules. Have FUN! | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8M99ZI2H\MC900441798[2].pngPut on your favorite music and then run in place the entire song. | Start your day with some push-ups. See how many you can do in the morning, afternoon, and again in the evening. | Go outside and play the Robot Game- move around the yard like a robot moving only your head and waist. | Make up a new exercise routine and teach it to your friends or family. | How far can you kick a ball – kick it hard, chase it, run back, then kick it again. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8M99ZI2H\MC900441886[1].wmfRun in your yard – how many laps can you run? |
| Sweep the sidewalk or driveway for your parent(s). Work hard and use those muscles! | Play Freeze Tag with some friends from your neighborhood or with your family. | Go to every room in your house and jump up and down 10 times in each room. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\B2575XAS\MC900052881[1].wmfGet your feet wet and walk around your driveway making tracks. | STRETCH – start your day with some healthy stretches. Remembering to breathe in and out. | Work on your fine motor skills cleaning some vegetables and enjoy a healthy snack when you’re done. | Go on a walk with your family around the neighborhood. See how many different animals you can see. |
| Spread out a beach towel – move around it, over it, on it, and then under it. | Paper Plate Flight – see how far you can make a paper plate fly when you toss it. Chase it, run it back, and try again. | Crab Walk around your house. Place a rolled up sock on your stomach and try not to let it fall as you crab walk. | Using items from around the house, create a tunnel – have fun moving through it in different ways. | Play “Kick Golf” – choose your targets and take turns kicking until you hit the targets. | Make up a yoga pose for your favorite animals. Do your pose as you relax and breathe. | As a family, mow and clean the yard today! Maybe even volunteer to help with a neighbor’s to Make Their Day! |
| Go on an afternoon walk with your family. Take turns talking about things you like most about each person. | Play catch with someone – remember to follow the ball with your eyes and then move your hands, arms, and body to meet the ball. | Copy Cat – have some friends join you as you take turns leading around the yard in different movements. | Hit a beach ball high into the sky, chase it as it moves around. | Go to each room in your house and do 10 jumping jacks in each room. | Make up a “Movement Story” and then act it out! | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QAS31FL\MP900431110[1].jpgPlan a FUN  Fitness Day with your family! |
| Plan an afternoon of physical activity. Let everyone decide on thing that they would like to do as a family. | Pretend to play different instruments as you march around your yard. | Work on writing the alphabet on the driveway with a wet sponge, then jump or leap over each letter. | Jump on one foot and see how high you can count, then switch to the other foot. See if you can go as long or longer. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8M99ZI2H\MM900283880[1].gifPlay hide and seek with a friend. | Put a water hose on a plastic tarp – have fun slipping and sliding and jumping in the puddles. | Choose your favorite activities from the month and see how many of them you can do today? |

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**September**

**Have Fun - Be Healthy**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Using your entire body, make up a handshake with each person in your family- try to really add a lot of movement. | Do a relay race with family or friends.C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8M99ZI2H\MC900363074[1].wmf | Shake your body! Take turns leading a fun dance move to your favorite music. | Run around your yard – fast, then slow, straight lines, curvy lines, hopping, jumping. | Practice your skipping – step-hop-step-hop. | Spread out on the floor, touch your toes, wiggle, and stretch out. | Go on a trail walk with your family – take turns creating moves. Talk about your favorite fall family activities. |
| Play “I Spy” with your family – when you see the object you have to run as fast as you can to it. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8M99ZI2H\MC900014754[1].wmfFind a stick and pretend to be in a parade as you move outside. | Make a few paper airplanes and fly them. Run to where they land and fly again. | “What am I?” Take turns moving like something as the other person copies and guesses what you are. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\B2575XAS\MC900030276[1].wmfSpread your clothes around the room and jump from one to another. | Keep your parent company as they cook dinner – you can run in place while you talk with them about the day. | Choose an activity from January that you had to do indoors and try it outside this month. |
| Go on a family walk. Look for things that begin with each letter of the alphabet as you walk. | Find a starting spot outside/inside and choose different places to go. Count how many steps it takes to get to each. | Jump Rope- use a jump rope or pretend if you don’t have one. See how long you can jump without stopping. | Run around in circles; now go in a circle jumping, then skipping, then a movement of your own creation. | Do 10 jumping jacks every hour you are home from school today. | Put on your favorite music and try moving to the rhythm the entire song. Check your heart rate. | Yell out a body part and see who can touch that part to the floor the fastest – without falling down. |
| Help with yard work. Pull weeds, pick up rocks, or sweep the drive way. | Do 3 with Me! Wiggle, reach, and touch the floor. Touch your nose, lie on the floor, jump really high. You make some up now! | Spread wash cloths around a space and jump from one to another. | Create and exercise routine of your own today – jogging, stretching, jumping, bending, etc. Be creative! | Line up 10 stuffed animals or items on one side of the room. How fast can you move each of them to the other side? | Stretch out on the floor and then curl up, bounce, freeze, twist, stretch, and bend your entire body. | Walk around your house 3 times – first fast, second backwards, third like your favorite animal. |
| C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W91NSQ5Q\MC900019670[1].wmfGo on a walking nature scavenger hunt, looking for signs of fall. | Put two paper plates together like a flying saucer. Go outside, throw it, run to it, and then throw it again. | See how many of your favorite activities you can repeat today. | Clean Up! Spread items around the room. Crab walk to each item, put it on your tummy, walk to the next item. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8M99ZI2H\MC900436242[1].pngChoose your favorite activity from the month and share it with someone you love! | Using two towels on the floor, work on jumping from one to the other. Bend your knees when you jump and when you land. | As soon as you get up today – walk a lap, skip a lap, gallop a lap, and walk another lap around your house. |

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**October**

**Have Fun - Be Healthy**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | | Friday | Saturday |
| C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QAS31FL\MP900409513[1].jpgKick off the new month – practice your kicking skills: kick – chase – kick again. | Get connected with a friend and see if you can move around and for how long – while staying connected. | Eat ONLY healthy food today. Do some exercises when you get home from school. Drink plenty of water. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\B2575XAS\MC900441886[1].wmfRun around your house as many times as you can. | Get outside and take a walk. Take deep breaths, stand tall, and swing your arms as you walk. | | Start your morning with some exercises. See if you can do even more of them when you get home today from school. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QAS31FL\MP900427841[1].jpgPlan a family trip to the park today. Walk around, have fun, and talk together. |
| Line up pillows, stuffed animals, etc. Try to jump over each one, zigzag around them, etc. | Roll up a pair of socks and then try to balance it on different body parts as you walk around the house. | Go outside and pretend you are an airplane soaring in the sky. Move around as much as you can. | Fly like birds- high and low and fast and slow. Pretend to fly south for the winter and back for the spring. | Try to win against your mom or dad at doing the most jumping jacks or moving the longest to a fast song. | | Take turns naming a different kind of transportation and then pretend to move that way – train, bus, car, etc. | Work in the yard with your family cleaning up, raking, mowing, and moving around the yard. |
| Musical Freeze – have someone turn the music on and off. On – you dance, off – you balance and freeze. | Create a movement sequence – hop, twist, reach, jump. Repeat them as many times as you can – getting faster. | Take turns naming an animal you would see at the zoo. Try moving around just as that animal would – add noises. | Go outside and walk forward, backward, and then sideways. | Find something around the house that could be your horse (broom, mop, paper tube). Then walk, run, and gallop. | | Fold a towel or newspaper and put it on the floor. Pretend it is a puddle that you have to leap over. | Walk with your family or friends looking for colorful leaves. See how many different colors and kinds of leaves you can see. |
| Go downtown and walk around with your family today. Talk about what makes your family special. | Take a deep breath, feel your heart, then run in place for one minute and check your heart rate again. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8M99ZI2H\MP900407019[1].jpgGo on a rock hunt. Gather rocks, then sort them by size and color. | Take a break and stretch, reach, and bend as you take BIG breaths. | | Heart Walk – walk around the house twice and then feel your heart again – is it faster? | Make some paper balls or rolled up socks – practice throwing them into a box or basket. | Walk around your yard, first going forwards, then backwards, then sideways. |
| Make a fort with your family using sticks, logs, or hay bales - working on upper body strength. Pack healthy snacks for the fort. | C:\Program Files\Microsoft Office\MEDIA\OFFICE14\Bullets\BD21421_.gifRake piles of leaves when you are finished – have some fun jumping in the piles of leaves. | Turn on your favorite music and make up some dance moves, share them with someone. | Ride your bike – if you don’t have one, pretend you are riding up hills and around the yard – use those muscles. | Go on an “Around Walk” as you walk around your house, walk around a light, a rock, a leaf on the ground, etc. | | Choose your most favorite activity from this month and do it again! | Plan a fishing trip with someone you know or you can just pretend casting your line and pulling in a BIG fish. |

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**November**

**Have Fun - Be Healthy**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Go on a nature hike. As you walk, take a look around. How has nature changed from summer to fall? | Go outside and work on your kicking skills. Kick the ball as far as you can, chase it, and kick it again. | Neighborhood Walk – walk around your neighborhood with your mom or dad and pick up items to recycle | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QAS31FL\MC900436153[1].wmfGo outside and ride your bike for 10 minutes. | Go on a run with your family.  C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QAS31FL\MC900019554[1].wmfTry to run a whole mile. | Play hide and seek with your family. When they find you, do 15 jumping jacks. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\B2575XAS\MC900078833[1].wmfCan you skip? Give it a try around your room – step, hop, step, hop. |
| Count Your Steps – how many steps did it take you to go from one room to another around your house? | Make matching cards and play with your family. When you get a match, jump up and down five times. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8M99ZI2H\MP900442486[1].jpgPlay your favorite sport for 30 minutes today. | Jump Rope for 10 minutes today. If you don’t have a rope, try running outside around your house. | Sit on your T-shirt and move around the floor using only your arms to push and pull. | Stretch your body into shapes of each letter in a word and do as many words as you can for 10 minutes. | Look for things starting with the letters A-Z. As you find an item, run to it and then look for the next letter item |
| Pass a ball back and forth with a friend or family member for 5 minutes. | I Spy – have a family member say an item they see. Fun to that item as fast as you can! | Acting Game – play with a friend or family member: act out a sport, an animal, an object, or other things | Place towels or wash cloths around the room. Leap like a frog from one item to the next for 7 minutes. | Make paper airplanes and test which one flies the best and the farthest. | Go on an “Around Walk” – walk around a table, around a lamp, around a leaf on the ground | Treasure Hunt! Have your parent hide items around your home so you can march around and find them. |
| C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\B2575XAS\MM900395774[1].gifGo outside and run 5 laps around your house. | Play a game of Can You? Can you spin on your bottom, jump to the sky? Create your own movement to try! | Move in opposites – fast/slow, up/down, near/far, big/small. Make up your own ways to move also. | Try to move for two minutes without stopping? What happens to your heart when you do this? | Gobble, gobble! Act like turkeys today. Squat down low and bend your elbows. Waddle and gobble around. | Make a set of cards with a number on each. Place in a bucket, draw one, do that number of jumping jacks. | Using the card from yesterday, draw one card at a time and then hop, jump, or skip the number on the card |
| Jumping Stones – put a bunch of wash clothes on the floor. Jump from one to the next. | Move around the room in different ways – walk happy, sad, excited, and other ways – to your favorite music | Walking with STYLE! Go on a backwards walk. Now try a sideways walk. How about a spinning walk? | Start today with jumping jacks so your heart can beat faster and get more oxygen to your body! | Go on a walk looking for different shapes. Can you find a circle, square, triangle, and more? | Indoor Zoo –  move like an animal through your home. Change animals with each new space. | What were your favorite November Activities?  Do them again today! |

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**December**

**Have Fun - Be Healthy**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Scatter socks throughout the room. Pretend to walk on a tight rope – when you get to a sock, stand on 1 foot, bend down, pick it up – stay balanced. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QAS31FL\MC900440084[1].wmfUsing some paper plates or t-shirts, pretend you are skating. Do some neat tricks. | Hopping Practice – Hop once on each foot, then twice on each foot, etc. Keep hopping and counting! | Cutting Skills- make some snowflakes. Pretend to be a snowflake in the wind. | Sit across from someone and roll a ball back and forth – count to 10, then spread out more and do it again. | Movement Charades– act out something that has to do withC:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\8M99ZI2H\MC900434463[1].wmf. | Go for a run with your family and check your heart rate when you finish. |
| Indoor Snowball Fight – Make a bunch of paper balls and have fun throwing them far, near, high, and low. | Catching Skills – using a plastic grocery bag or handkerchief – toss it up, follow it, catch it, repeat! | Pillow Tower – make a tower of pillows and practice your underhand throwing skills as you knock them over. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\B2575XAS\MC900060280[1].wmfPlay a game of tag with family or friends. | Transportation Fun – pretend to be different types of transportation and move around the room like them. | Pretend to be animals that walk in the snow – a polar bear, a penguin, and a seal – move like they do. | Obstacle Course – make a course of pillows, chairs, and other items and journey though it in different ways. |
| **C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W91NSQ5Q\MP900442266[1].jpg**Pick your favorite family activity from last month and do it again today. | Making Tracks – if you have snow, sand, dirt, mud – make some tracks as you walk, run, and move around. | Jumping Jacks – do 15 jumping jacks every 30 minutes tonight until bedtime. | Have someone hold up a broom or stick and play Limbo! Get your heart rate pumping! | Listen to your favorite holiday music and move in rhythm to the music to get your heart rate up! | Take a run – outside if the weather is nice, around the house if not.  Check your heart rate at the end. | Using a balloon – practice volleying with different parts of your body. Can you keep it up with your thumb, elbow? |
| Family Walk – as you walk with your family take turns sharing something that is special about your family. | Get Outside – walk and breath: breathe through your nose and blow it out through your mouth. | Throwing Practice – try throwing soft items like rolled up socks into a basket. | Puzzle Relay – place pieces at one end of the room – run to get a piece and bring it back to start working, repeat. | Turn on some upbeat music and DANCE! Check your heart rate to see if you got it beating faster. | Pretend Winter Journey – ski or skate from place to place, pretend to be in the snow and make an angel. | ABC Treasure Hunt – move throughout your home finding items that begin with each letter of the alphabet. |
| Pick your favorite activity from the month and repeat it today. | Hide and Seek with a JUMP – each time you are found you do 15 jumping jacks. | Run in; jog in place; jump in place; hop in place. See if you can make up a new movement. | Be Creative – invent a new game using something from your kitchen. | C:\Users\admin\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\W91NSQ5Q\MC900323014[1].wmfPretend to float like a snowflake all through your home! | Time to stretch – put on some music and STRETCH, BEND, MOVE, TWIST. | Practice your jumping skills – jump high, low; do 15 jumping jacks every hour today. |



EAST at Gardner Students   
would like to thank   
Head Start Body Start   
(HSBS)   
for motivating us, giving us ideas,   
and getting us moving on our   
“Have Fun and Be Healthy” project.

|  |  |
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| Tips to Get the Family Moving:   * Help everyone to find something active that makes them feel successful. * Use physical activity rather than food as a reward; for example, “After you clean your room we can go to the park.” * Learn what free and low-cost physical activity areas are located near your home, for example, parks, hiking trials, bike trails, swimming pools, tennis courts, etc. * Play twister or other indoor activity games. | Reminders:   * Be sure your child is drinking enough fluids before, during, and after physical activity. * Always use appropriate safety equipment especially a helmet for bike riding, skate boarding, and skating. * Ensure adult supervision where needed, especially activities in or near water. * Be active together; use activity time to get healthy and to form a healthier family by talking more and sharing ideas, thoughts, and successes. |

Some ideas are duplicated with permission from Head Start Body Start (HSBS - [www.headstartbodystart.org](http://www.headstartbodystart.org)).