

		1 Dia de los Muertos Honor your family by taking a mindful minute and think about the things you've learned from them.	2 What do food labels mean? Check out this link to learn how to read them!	3 <i>November National Native American Heritage Month.</i> We live in the traditional territory of the Muwekma Ohlone people. Spend time today learning about California's native peoples .	4 List 3 things you are grateful for. If it is a person, tell them.	5 Write a bucket list of 50 things you want to do in your life.
6 Disconnect from social media - create a Sunday recharge routine that will get you ready for the upcoming week.	7 Take a mindful walk today and bring full attention to the movements and sensations in your body.	8 Try to go sugar free today! Look at the food labels to notice how much hidden sugar is in food.	9 Fish Pose Hold a fish pose for 60 seconds. Take a break and hold for another 60 seconds.	10 Lie on your back and move your legs like you're riding a bicycle to strengthen your stomach muscles. Need help? Watch here!	11 Veteran's Day Take a moment to give thanks for all those who have served in our armed forces. If you know a veteran or someone currently serving, tell them thank you!	12 Read a choice book (not required for school) - find a topic or person you want to know more about!
13 Leave a nice note for someone to find!	14 How is the weather today? Take a moment to look up at the sky. Close your eyes and feel the temperature. Is it warm or cold? Windy or still? How does weather impact your feelings?	15 Snack Silly Faces Enjoy a healthy snack this afternoon like blueberries, cranberries, or raisins. Try to arrange your snack with a silly face! What kinds of silly faces can you make with your snack?	16 Inch Worms Keeping your legs straight, place your hands on the ground, walk them into a push-up position, and walk your legs up. Here's what it looks like!	17 Go on an after school bike ride, walk, or hike with family or friends.	18 Find 5 people (before school, at recess, or after school) and give them a positive or encouraging message.	19 Put together a jigsaw puzzle with family for friends.
20 Walk every room in your home and the area surrounding it. Look for things to pick up, clean, or organize. Your family will appreciate the help!	21 Mindful eating is the practice of paying attention to our food, on purpose, moment by moment, without judgment. Today, practice mindful eating by stopping with each meal or snack and ask: where did this food come from?	22 If your family serves gravy on Thanksgiving, try making a healthier version with broth this year.	23 Limbo With two people holding a broomstick, take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?	24 Thanksgiving Getting outside to play a game of touch football or soccer can make for special times with family and is a great way to stay active!	25 Tell someone why you are thankful for them and follow it up with a hug or high five!	26 Board or Card Game Day Play a board or card game with family for friends.
27 No Device Day Detox from technology - can you go all day without playing on your phone, tablet, or video game?	28 Morning Breathing Exercise Start your Monday by practicing slow, deep belly breaths for 5 or 10 minutes before your day begins. How do you feel?	29 Make a snack menu of your favorite healthy snacks.	30 Splits! Practice your right leg split, left leg split, and middle split. Hold each one for 30 seconds.	<h1>November 2022</h1> <p>Theme: Kindness, National Good Nutrition Month, National Native American Heritage Month</p>		