

October 2022

Theme: Health Literacy: Become aware of your health & emotions. Learn to manage them.

#Learn about Health Literacy at shapeamerica.org or health.gov

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<p>2</p> <p>Underhand Toss Target Practice: Using an empty laundry basket for bucket, practice tossing a small object inside. Each time you make it take a step back.</p>	<p>3</p> <p>One-Leg Revolving Seated Yoga Pose Hold this pose for 30-60 seconds. Switch and repeat.</p>	<p>4</p> <p>Use smaller plates for kids to help manage portion sizes</p>	<p>5</p> <p>Today is National Walk to School Day! Walking to school is a great way to stay active and reduce the number of cars on the road. If you walk or ride your bike to school, check out these resources on the MVWSD website.</p>	<p>6</p> <p>Brush Your Teeth Shake While brushing your teeth, move your hips in the same motion as your toothbrush.</p>	<p>7</p> <p>It's National Principals Month! Take a moment to thank your principal!</p>	<p>8</p> <p>Vitamin D is made by the body when it is exposed to the sun. It's found in foods like fish, orange juice, and egg yolk! What's your favorite Vitamin D food?</p>
<p>9</p> <p>Today, take turns with a friend or family member sharing your favorite music!</p>	<p>10</p> <p>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</p>	<p>11</p> <p>The USDA recommends that kids in grades TK-5 need around 645 calories for lunch per day.</p>	<p>12</p> <p>Walk and Talk Take a walk with your parents or an adult caregiver and talk about your day.</p>	<p>13</p> <p>Locomotor Sidewalk On a walk, alternate between skipping, speed walking, and jogging.</p>	<p>14</p> <p>Look for the good in people around you today.</p>	<p>15</p> <p>When you get a cut, Vitamin K helps your body start to heal. You can get Vitamin K from leafy green vegetables like kale, broccoli, spinach, and lettuce.</p>
<p>16</p> <p>Go on walk today and see how many different kinds of flowers you can find.</p>	<p>17</p> <p>Today, give someone a genuine compliment.</p>	<p>18</p> <p>Replace white rice, bread, and pasta with brown rice and whole grain products.</p>	<p>19</p> <p>Animal Charades Try moving around like those animals: chicken, snake, horse, dog. Try without making noises to see if someone can guess!</p>	<p>20</p> <p>Cardio and Stretch Run in place for 30 seconds, then stretch your legs for 10 seconds each. Repeat 3 times.</p>	<p>21</p> <p>Share an important goal with someone you trust</p>	<p>22</p> <p>Take time to reflect on what you have accomplished this week.</p>
<p>23</p> <p>Today is a great day to organize your backpack and get things ready for the week ahead.</p>	<p>24</p> <p>Read & Move Pick a book to read and select an "action word" that will be repeated often. When the "action word" is read, stand up and sit down</p>	<p>25</p> <p>Try some mini carrots for a snack today!</p>	<p>26</p> <p>Jump Rope See how many times you can jump backwards in a row.</p>	<p>27</p> <p>Side Seated Angle Yoga Pose Hold this pose for 30-60 seconds on each side to target the hamstrings and calves.</p>	<p>28</p> <p>We all make mistakes. Instead of blaming yourself or someone else, try to find a helpful way forward.</p>	<p>29</p> <p>Vitamin A helps create strong bones and teeth, as well as a strong immune system. Try some Vitamin A today by enjoying a tall glass of milk, cantaloupe, tomatoes, or some eggs!</p>
<p>30</p> <p>Take a mindful minute: close your eyes and focus on other senses. What do you hear, smell, and feel?</p>	<p>31</p> <p>It's Halloween! Take extra time to drink eight 8 oz. glasses of water today. At the end of the day, how do you feel?</p>					