



Winter Break Wellness Calendar



We are promoting Health and Fitness this Winter Break! The following calendar has a physical activity for each day students are on winter break. We are asking students to complete as many activities as they can. If you are not able to complete the activity as written, please feel free to pick any movement activity as an alternative. Happy moving!!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 24th	December 25th	December 26th	December 27th	December 28th	December 29th	December 30th
Complete 2 push-ups or 2 sit-ups every time you see a car during your favorite tv show.	Gather your friends and invent a game using two brown paper bags and aluminum foil.	Say the whole alphabet while balancing on one tippy-toe. Too easy? Say it backwards.	See how many pushups you can do in one minute.	Create a new game with friends today that includes jumping and hopping.	Do jumping jacks during commercials of your favorite show.	Act out your favorite book! Make sure to include movement when possible.
December 31st	January 1st	January 2nd	January 3rd	January 4th	January 5th	January 6th
Indoor ice skating! Put two paper plates on the floor and use them to skate around!	See how many sit-ups you can do in one minute.	Seal Stretch Time! Lie face down and push your chest off the ground for 20 seconds. Do this 10 times.	Paper Plate Exercise: Invent 4 different exercises to do with 2 paper plates.	Cleaning day! Clean or organize something in your home. Use those muscles!	Do your favorite activity from the previous days again.	Invent a dance routine for your favorite song on the radio!