

Health Literacy Month Calendar

October 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>National Health Observances:</p> <ul style="list-style-type: none"> National Health Literacy Month Emotional Wellness Month National Bullying Prevention Month Positive Attitude Month 5th - National Do Something Nice Day 10th - World Mental Health Day 20th - National Youth Confidence Day <p>Yoga Images from www.fortevooga.com</p>		<p>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.</p>		<p>1 Tweet Tweet this link http://bit.ly/2xEVnSF to your friends and family so that they are aware of Health Literacy Month.</p>	<p>2 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p>3 Get Cooking Create a new recipe at home.</p>
<p>4 Upward Crescent Moon Pose This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat.</p> 	<p>5 National Do Something Nice Day Send a free card to a sick child at St. Jude's. National Do Something Nice Day!</p>	<p>6 Mindful Coloring Take some time and color a picture today.</p>	<p>7 Virtual Tour Take a virtual tour of San Diego Zoo.</p>	<p>8 Walk and Talk Take a walk with your parents or an adult who takes care of you about what to do if you are bullied or see someone being bullied.</p>	<p>9 Read & Move Listen to a free audible book while you go for a walk, take a jog or clean up.</p>	<p>10 I'm Awesome! Write down three things about yourself you're proud of. World Mental Health Day</p>
<p>11 Move Together Complete a home workout with family or friends</p>	<p>12 Sudoku Play a game of Sudoku</p>	<p>13 Device Detox Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours. But first check out this video!</p>	<p>14 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p>15 Walking Race Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p>16 Side Seated Angle Pose Hold for 30-60 seconds on each side to target the hamstrings and calves.</p> 	<p>17 Try Something New Try something new today like origami. Was it challenging? Would you do it again? Why is it good to try new things?</p>
<p>18 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?</p>	<p>19 Just play! Hide-and-peek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</p>	<p>20 Positive Talk Tuesday Be sure to talk to yourself today like you would talk to someone you love. National Youth Confidence Day</p>	<p>21 Yoga Combo Practice stress management yoga with Adriene.</p>	<p>22 Mindful Video Spend a few minutes watching this rare & colorful sea life video. What do you notice? How do you feel after the video?</p>	<p>23 Create a Dance Make up a dance to your favorite song. Be sure to include a jump, a slide and a spin. Or try this Hip Hop dance routine</p>	<p>24 Virtual Tour Take a virtual tour of Yosemite</p>
<p>25 Clap and Catch Throw a ball or soft object up into the air. See how many times you can clap before you catch it</p>	<p>26 Compliment Someone Today give someone a genuine compliment. Examples: -I like your hairstyle today. -I like how you're helpful.</p>	<p>27 Tuesday Prep Do one thing today to help prepare you for tomorrow. Examples: -Pack your bookbag -Check your homework -Pick out your clothes</p>	<p>28 Look It Up What are benefits of practicing self-care or mindfulness skills? Find a valid website that gives accurate and reliable health information and share that information with your family and friends.</p>	<p>29 Spend Time with Nature Go into nature and practice what the Japanese call Forest Bathing</p>	<p>30 Be Inclusive Invite a classmate you don't really know to join you in an activity.</p>	<p>31 Finish Up Take today and finish a task that you have been procrastinating.</p>