

National Health Observances

- National Autism Awareness Month
- National Minority Health Month
- National Distracted Driving Awareness Month
- Stress Awareness Month
- April 7: World Health Day

1
[Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose!](#)
[Fully relax & clear your mind.](#)



2 Star Jumps
 Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.

3 Crane Pose
 Here's a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows.

4 4 Walls
 Face each wall in a room and do a different exercise for 30 seconds
 -side shuffle
 -grapevine to left then right
 -wide stance punches
 -vertical jumps

5 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?

6 Teacup Tip-ups
 Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.

7 World Health Day
 Did you know regular, moderate-intensity physical activity can help prevent diabetes? Go for a walk with an adult & discuss other ways to prevent diabetes.

8 Musical Frogs
 This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).

9 Bear Walk
 With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.

10 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.

11 Dribble Challenge
 Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?

12 Fish Pose
 Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds

13 Play Catch
 Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.

14 Wild Arms
 As fast as you can complete:
 10 Arm Circles front & back
 10 Forward punches
 10 Raise the Roof's
 Repeat 3x

15 Mindful Senses
 What do you notice around you? Find:
 5 things you see
 4 things you feel
 3 things you hear
 2 things smell
 1 thing you taste

16 Crawl Like a Seal
 Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.

17 How Fast Can You Go?
 Pick a distance and see how fast you can run the distance.

18 Inchworms
 Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up.

19 Garland Pose
 Practice your balance with this pose!

20 Rock Paper Scissors Tag
 Meet in the middle, shoot, loser chases the winner back to safe zone. If tagged, join the other team.

21 Commercial Break
 Can you hold a plank for an entire TV commercial break?

22 Wake and Shake
 As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.

23 Chair Pose
 Hold for 30 seconds, relax then repeat.



24 Positive Talk
 Be sure to talk to yourself today like you would talk to someone you love.

25 Jump, Jump
 Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.

26
 Put your favorite song on and make up a dance or fitness routine!

27 Paper Plate Planks
 In plank position with paper plates under your feet. Complete 30s each:
 -mountain climbers
 -in and out feet
 -knees to chest

28 Step Jumps
 Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.

29 A Gratitude Attitude
 Write down something you're thankful for and why.

30
 Try Savasana again. Use this to relax and wind down all year!



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. Happy exercising!

Yoga photos from www.forteyoga.com

