







# March 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Do the worm. Ask your family members if they can do the worm.	<b>2</b> Play sharks and minnows with your friends.	<b>3</b> Build a tower of pillows and practice throwing sock balls at the top pillow. Can you knock it over?	<b>4</b> Snowball fight! Have a pretend snowball fight using paper balls. Hide behind a sofa and other furniture.	<b>5</b> Sit back to back with a grownup and pass a ball around the side to each other-count 50 passes to each side, all around your bodies. Go the other way	<b>6</b> Help the family with chores today-good exercise! 	<b>7</b> How many pushups can you do in one minutes? Can you beat your score the second time around?
<b>8</b> Clear out a big space-can you log roll across the room?	<b>9</b> Play a game of <i>Duck, Duck, Goose</i> with your family.	<b>10</b> Play your favorite tag game today at recess. 	<b>11</b> Do some wall push-ups today to build strong muscles.	<b>12</b> Do the Chicken Dance today. Teach it to a friend. 	<b>13</b> Put a tennis ball in a sock; tie a knot. Fling the ball around by the tail and see how many you can catch with a friend.	<b>14</b> Got snow? Go sledding. Wear a helmet and make sure you are on a safe hill.
<b>15</b> How many situps can you do in one minute? Can you beat your score the second time your try?	<b>16</b> How many pushups can you do in one minute? Can you beat your score the second time around?	<b>17</b> Hop on one foot for 30 seconds. Now try the other foot. Do you have one better than the other?	<b>18</b> Walk around you home 5 times. How long did it take you?	<b>19</b> Do you know how to hula hoop? Give it a whirl!	<b>20</b> Help the family with chores today-good exercise! 	<b>21</b> Shoot hoops with your family. Instead of HORSE try HEART.
<b>22</b> Practice juggling w/ socks or soft balls. 	<b>23</b> Try jumping around on a pogo stick.	<b>24</b> Play basketball outside. Doe the ball bounce in snow? 	<b>25</b> Snowing where you live? Get out and help your family shovel snow.	<b>26</b> Play some tag football outside today.	<b>27</b> Practice dribbling a ball. Can you do 100 bounces in a row?	<b>28</b> Play Red Light, Green Light today with your friends.
<b>29</b> Ask your family to look up heart healthy dinner recipes! Here is a link: <a href="https://recipes.heart.org/en">https://recipes.heart.org/en</a>	<b>30</b> Walk in your driveway or bus stop while waiting for the bus. Be careful to stay out of the roadway.	<b>31</b> Go bike riding with some friends! Wear a helmet and go on a safe trail.	<b>1</b> Practice your jump rope skills at home.	<b>2</b> Do some wall push-ups today to build strong muscles.	<b>3</b> Throw a ball around with family members - outside.	<b>4</b> Play some tag football outside today.

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