| November |  |
| --- | --- |
|  | 2022 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | Now that you have eaten SO MUCH candy, try to avoid limiting foods today. | Practice leaping from one foot to the other, while moving around your house. | Keep a balloon in the air by only using your elbows and knees. | ABC Treasure Hunt – Find items for each letter and complete 10 donkey kicks for each item. | Vacuum the house while loudly dancing and singing.  |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Go grocery shopping as a family and purchase healthy foods). | Complete 30 windmills. | Turn on relaxing and calm music to practice stretching and breathing. | Practice SAFELY rolling from one side of the room to the other, while having a straight body. | Reduce your salt intake today. Try to avoid and not add extra salt to food. | Place puzzle pieces on one side of a room. Run to collect one piece at a time. Complete puzzle. | Find objects in your house that make noise. March around your house while creating music. |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Choose five modes of transportation. Act out each transportation movement. | Stand and touch your toes, keeping straight legs. Hold this for 45 seconds. | Build a tower of pillows. Practice underhand throwing to knock them down. | All family members choose their favorite animal. Pretend to move and act like that animal. | Complete 30 standing side-to-sides. | Help do the laundry. Then practice throwing a ball into the empty laundry basket. | Read a book as a family. Then, act out the story. |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Create an obstacle course with pillows, blankets, and chairs. Go over, under, and around. | Stretch - one foot out, one foot in – Hold each leg for 30 seconds. | Play follow the leader around the house doing different movements (hop, skip, gallop, jump) | Turkey Trot – Trot around your house two times like a turkey.  | Eat at least one fruit and one vegetable at your Thanksgiving meal. | Gallop as you clean and organize your room and toys. | Focus on drinking water today. Can you drink at least six cups? |
| 27 | 28 | 29 | 30 |  |  |  |
| Scatter socks. Pretend to walk on a tight rope. Balance on one foot, bend, and pick socks up.  | End the day with relaxing yoga | Complete 50 calf raises. | Standing Side Leg Raises – Complete 30 on each leg |  |  |  |
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