

### 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](http://www.forteyoga.com)

