### Instructions:
The lessons below were created to help you keep your students active during instructional learning. Virtual activities can be used during online instruction or in large spaces that are well ventilated. We encourage you to have a student lead the physical activity lessons as frequently as possible. Share how you are utilizing this calendar on social media and tag @HealthMPowers.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| **Brain Boosters**  
Try This: Hop on one leg 10 times then switch legs. Take 10 giant steps. Do a silly dance for 10 seconds. Sprint for 10 seconds. Repeat 2 rounds.  

**Mindfulness**  
Tree Pose: Begin to shift your weight into your right foot, lifting your left foot off the floor. Keep your right leg straight but don't lock the knee. Bend your left knee and bring the sole of your left foot high onto your inner right thigh. Press your foot and thigh together with equal pressure. Hold for 10 seconds.  

**Brain Booster Videos**  
Move your feet and get your Mind in Motion! (Level 2.2) | **Brain Boosters**  
Lunge Your Way to Lunch: Lunge to and from the cafeteria today.  

**Mindfulness**  
Reach for the Winter Sky: Start the morning off by reaching your right arm as high as you can toward the sky. Hold for 5 seconds, then do the same with your left arm. | **Brain Boosters**  
Ready, Set, Run: Pick a spot outside in the distance and see how far you and your classmates can run. The winner gets to pick an exercise for the class to compete for 20 seconds.  

**Mindfulness**  
Pumpkin Pie: Sit on the floor with your legs out in front of you in a “V” shape. Keeping your back straight and arms extended, bend forward at your hips. Stretch your arms as if you are reaching for pumpkin pie! Hold for 20 seconds, then relax. Repeat 5 rounds.  

**Brain Booster Videos**  
It is important to EAT, DRINK, MOVE EVERY DAY! Show off your dance moves. | **Brain Boosters**  
Strong Arms: Build strong arms and do the following:  
- 10 Forward arm circles  
- 10 Backward arm circles  
- 10 Forward punches  
- 10 Push-ups  

**Mindfulness**  
Snowflake Pose: Stand with your feet wide apart and stretch your arms in any direction. No two snowflakes are alike. | **Brain Booster Videos**  
It’s time to Git Up and move those feet!  

### December: Week 1

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
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</tr>
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</table>
| **Brain Boosters**  
Mirror Drill | **Brain Boosters**  
Photo Finish: Draw a straight line on the ground and ask all players to stand on one side of the line. When you say go, students have to jump across the line at the same time. | **Brain Boosters**  
Turn Off: Turn off the lights and encourage students to clear their minds in the Warrior 1 Pose. Take a big step forward with one foot, leaving the other foot in place. Raise your hands high over your head, palms facing each other. Turn your back foot, so your toes are pointed away from your body and bend your front knee. Hold for 1 minute. |

**Brain Booster Videos**  
Start the morning off by completing the Mirror Drill. | **Brain Booster Videos**  
Start the morning off by completing the Mirror Drill. | **Brain Booster Videos**  
Start the morning off by completing the Mirror Drill. |

Log into GoNoodle with the username secondarysector@healthmpowers.org and password Healthy123 to access videos.

This institution is an equal opportunity provider. This material was funded by USDA’s SNAP and other HealthMPowers partners.
## December: Week 2

**Brain Boosters**

- **Santa's Helper**: One student leads an exercise for 15 seconds then chooses another student to lead the class in another exercise for 15 seconds. Every 15 seconds, another student adds on another exercise. Continue rotating leaders 5-6 times.

- **Glow, Slow, Whoa**: Call out GO, SLOW and WHOA and have students complete the corresponding physical activity:
  - GO - move feet as fast as possible
  - SLOW - march in place
  - WHOA - freeze

**Mindfulness**

- **Christmas Tree Pose**: Stand tall with your feet together. Reach your arms out to the side. Move your right foot up your left leg, turning your right leg out to the side as far as you feel comfortable. Raise your arms up towards the sky. Repeat on the left side.

- **Forward Bend**: Bend forward by your waist and reach towards the floor. Hold for 20 seconds then slowly stand up. Repeat 5 rounds. This movement helps stretch your hamstrings, calves and hips.

- **Holiday Music**: Play relaxing holiday music while students stand up and stretch for 3 minutes.

**Brain Booster Videos**

- **Time to get your Mind in Motion** this monday! (Level 2.1)