



# APRIL 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 This calendar has some quick daily activities and tips for you.	31 If you have questions, you can reach us at:	1 Mrs. Scanlon <a href="mailto:hmscanlon@cps.edu">hmscanlon@cps.edu</a> Mrs. Sheehan <a href="mailto:hahouston@cps.edu">hahouston@cps.edu</a> Ms. Stefanski <a href="mailto:kstefanski1@cps.edu">kstefanski1@cps.edu</a>  General questions: Healyremotelearning@cps.edu	2	3	4
5	6	7	8	9	10	11
						
12 	<b>13 Exercise Tip:</b> Start AND finish your day with 30 seconds of sit and reach.	<b>14 Health Tip:</b> Go outside and get some fresh air in your backyard or on your front porch.	<b>15 Exercise Tip:</b> Before you start your schoolwork today, do 25 jumping jacks.	<b>16 Health Tip:</b> Reading food labels is a great way to find out which foods are better for you than others.	<b>17 Exercise Tip:</b> It's Friday! Choose your own Fun Friday fitness exercise and share it with your family.	18
19	<b>20 Exercise Tip:</b> Jog in place for one minute.	<b>21 Health Tip:</b> Remember to wash your hands with soap and warm water for at least 20 seconds.	<b>22 Exercise Tip:</b> Play catch with a family member or practice self-toss and catch. Use a pair of socks or a ball of foil if you do not have a sports ball to play with.	<b>23 Health Tip:</b> Go around the table at dinner and have each family member share something they are thankful for.	<b>24 Exercise Tip:</b> You choose: - 30 push ups - 30 shoulder taps - 30 seconds plank	25
26	<b>27 Exercise Tip:</b> 30 seconds of bicycles – Repeat 3 times today.	<b>28 Health Tip:</b> Read a book for enjoyment!	<b>29 Exercise Tip:</b> If the weather is nice, go for a family walk. Remember to give other people 6 feet of personal space.	<b>30 Health Tip:</b> Take a break from TV and screen time. Play some games as a family instead.	1	2