



JUNE 2020



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|--|----------|
| 31 This calendar has some quick daily activities and tips for you. | 1 Health Tip: Wear a helmet and protective pads during outdoor activities such as biking, rollerblading, or skateboarding. | 2 Exercise Tip: Go for a walk as a family and count how many animals you see. | 3 Health Tip: Protect your skin from the sun's ultraviolet rays by wearing sunscreen with high SPF. | 4 Exercise Tip: Start your day with 30 seconds of toe touches, 30 jumping jacks, 30 ski jumps. Repeat 2 more times today. | 5 Health Tip: It's Friday! Choose your own Fun Friday fitness exercise and share it with your family. | 6 |
| 7 | 8 Health Tip: Add fruit or nuts to your salad for some extra flavor. | 9 Exercise Tip: Jelly Time: Any time you travel from one room to another today, wiggle and jiggle like jelly. | 10 Health Tip: Flying kites is not only fun, it's also exercise! | 11 Exercise Tip: Rainbow Walk: Take a walk and try to spot at least one thing for each color of the rainbow. | 12 Health Tip: It is important to stay hydrated with water, especially when playing outside on hot days. | 13 |
| 14 | 15 Health Tip: Be sure to stay away from burning candles, medicines, and household cleaning supplies. | 16 Exercise Tip: Jumping Jack Challenge: Count how many jumping jacks you can do while listening to your favorite song. Take breaks when you need to! | 17 Health Tip: Talk with your family about practicing water safety this summer. | 18 Exercise Tip: Celebrate your last day of school by going outside to jump and cheer! | 19 WE CAN'T WAIT TO SEE YOU NEXT SCHOOL YEAR! HAVE A GREAT SUMMER! | 20 |
| 21 Father's Day | SUMMER BREAK | | | | | 27 |
| 28 | | | | | | 4 |