




MAY 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 This calendar has some quick daily activities and tips for you.	28 If you have questions, you can reach us at:	29 Mrs. Scanlon hmscanlon@cps.edu Mrs. Sheehan hahouston@cps.edu Ms. Stefanski kstefanski1@cps.edu General questions: Healyremotelearning@cps.edu	30	1	2
3	4 Health Tip: May is National Asthma & Allergy Awareness Month. If your child has asthma or allergies, be sure to educate your family and the school on his/her condition.	5 Exercise Tip: If the weather is rainy or too chilly to go outside and be active, have a family dance party. Add some Mariachi music to your playlist in honor of Cinco de Mayo!	6 Exercise Tip: Gardening and mowing the lawn are great ways to get some fresh air and exercise.	7 Health Tip: Wear sunglasses to protect your eyes from the sun's ultraviolet rays. They are a great fashion accessory, too!	8 Exercise Tip: Start your day with 20 seconds of toe touches, 20 jumping jacks, 20 ski jumps. Repeat these 2 more times today.	9
10 Mother's Day	11 Exercise Tip: Push Yourself: - 5 toe (regular) pushups - 5 shoulder taps - 5 knee pushups - 5 pushup to planks	12 Health Tip: Cut fruits or vegetables in different shapes and create fun faces before eating them as a healthy snack.	13 Exercise Tip: Quad Stretches - Balance on your left foot and pull your right foot to your bottom for 30 seconds - Switch legs	14 Health Tip: Fuel up for the day by eating a healthy breakfast.	15 Exercise Tip: It's Friday! Choose your own Fun Friday fitness exercise and share it with your family.	16
17	18 Exercise Tip: House Hop: Any time you travel from one room to another today, hop on one foot.	19 Health Tip: Stay hydrated with <u>water</u> throughout the day.	20 Exercise Tip: - Before lunch: march with high knees for 30 seconds, then jog in place 30 seconds	21 Health Tip: Turn off the TV during school work and meal times.	22 Exercise Tip: Fancy Footwork: Make up your own dance routine and put on a show for your family.	23
24	25 Memorial Day 	26 Health Tip: Get a good night's sleep tonight and every night!	27 Exercise Tip: If you watch TV today, do 30 seconds of bicycles during the commercial breaks.	28 Health Tip: Add some lemon slices or your favorite fruit to water for some added flavor.	29 Exercise Tip: Go outside and try some animal walks: bear, penguin, crab, and duck	30 31