

Recreation @ Home! March 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Challenge each member of your family to a jumping jack contest	2 Challenge a family member to see who can march in place the longest	3 Do as many jumping jacks as you can in one minute	4 Do small things with great LOVE!	5 Watch our new Fun Friday Episode	6 Sit in quiet meditation for 5 minutes	7 Eat a family dinner with no electronic devices distracting you
8 Take a walk with your family	9 Pick a snack and read the # of Carbohydrates it has And do that many sit-ups	10 Challenge a family member to see who can hold their arms out to the side the longest.	11 Take 10 slow deep breathes	12 Watch our new Fun Friday Episode	13 Pick a card from a deck of card and do that many sit-ups	14 Eat a family dinner with no electronic devices distracting you
15 March in place during a commercial.	16 With your family do a #LoveLaVista Hashtag Challenge	17 List 4 things that you are thankful for	18 Eat a Healthy Snack	19 Watch our new Fun Friday Episode	20 Breath in deeply, hold your breath for 5 seconds then exhale, repeat 5 times.	21 Eat a family dinner with no electronic devices distracting you
22 In 30 seconds, name as many things that you can think of that start with the Letter M	23 Create your own challenge	24 Take 20 slow deep breathes	25 Try something new	26 Watch our new Fun Friday Episode	27 Run in place for two minutes	28 Eat a family dinner with no electronic devices distracting you
29 Check out the La Vista Library Online Activities	30 Take 25 slow deep breathes	31 Read a Book to someone				

The purpose of this calendar is to encourage school aged children and their families to become more physically and mentally active and to take steps towards a healthier lifestyle by participating in a different activity each day throughout the month.