



# Health Literacy Month Calendar

October 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>National Health Observances:</b></p> <ul style="list-style-type: none"> <li>National Health Literacy Month</li> <li>Emotional Wellness Month</li> <li>National Bullying Prevention Month</li> <li>Positive Attitude Month</li> <li>5<sup>th</sup> - National Do Something Nice Day</li> <li>10<sup>th</sup> - World Mental Health Day</li> <li>20<sup>th</sup> - National Youth Confidence Day</li> </ul> <p>Yoga Images from <a href="http://www.forteyoga.com">www.forteyoga.com</a></p>		<p>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury.</p>		<p><b>1 Tweet</b></p> <p>Tweet this link <a href="http://bit.ly/2xEVnSF">http://bit.ly/2xEVnSF</a> to your friends and family so that they are aware of Health Literacy Month.</p>	<p><b>2 Mindful Minute</b></p> <p>For 60 seconds, clear your mind &amp; only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p><b>3 Get Cooking</b></p> <p>Create a new recipe at home.</p>
<p><b>4 Upward Crescent Moon Pose</b></p> <p>This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat.</p> 	<p><b>5 National Do Something Nice Day</b></p> <p>Send a <a href="#">free card</a> to a sick child at St. Jude's.</p> <p><b>National Do Something Nice Day!</b></p>	<p><b>6 Mindful Coloring</b></p> <p>Take some time and <a href="#">color a picture</a> today.</p>	<p><b>7 Virtual Tour</b></p> <p>Take a virtual tour of <a href="#">San Diego Zoo</a>.</p>	<p><b>8 Walk and Talk</b></p> <p>Take a walk with your parents or an adult who takes care of you about what to do if you are bullied or see someone being bullied.</p>	<p><b>9 Read &amp; Move</b></p> <p>Listen to a free <a href="#">audible book</a> while you go for a walk, take a jog or clean up.</p>	<p><b>10 I'm Awesome!</b></p> <p>Write down three things about yourself you're proud of.</p> <p><b>World Mental Health Day</b></p>
<p><b>11 Move Together</b></p> <p>Complete a <a href="#">home workout</a> with family or friends</p>	<p><b>12 Sudoku</b></p> <p>Play a game of <a href="#">Sudoku</a></p>	<p><b>13 Device Detox</b></p> <p>Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours. But first <a href="#">check out this video!</a></p>	<p><b>14 Mindful Minute</b></p> <p>For 60 seconds, clear your mind &amp; only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.</p>	<p><b>15 Walking Race</b></p> <p>Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p><b>16 Side Seated Angle Pose</b></p> <p>Hold for 30-60 seconds on each side to target the hamstrings and calves.</p> 	<p><b>17 Try Something New</b></p> <p>Try something new today like <a href="#">origami</a>. Was it challenging? Would you do it again? Why is it good to try new things?</p>
<p><b>18 Mindful Snack</b></p> <p>When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you're eating. What do you notice?</p>	<p><b>19 Just play!</b></p> <p>Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!</p>	<p><b>20 Positive Talk Sunday</b></p> <p>Be sure to talk to yourself today like you would talk to someone you love.</p> <p><b>National Youth Confidence Day</b></p>	<p><b>21 Yoga Combo</b></p> <p>Practice <a href="#">stress management yoga</a> with Adriene.</p>	<p><b>22 Mindful Video</b></p> <p>Spend a few minutes watching this <a href="#">rare &amp; colorful sea life video</a>. What do you notice? How do you feel after the video?</p>	<p><b>23 Create a Dance</b></p> <p>Make up a dance to your favorite song. Be sure to include a jump, a slide and a spin. Or try this <a href="#">Hip Hop dance</a> routine</p>	<p><b>24 Virtual Tour</b></p> <p>Take a virtual tour of <a href="#">Yosemite</a></p>
<p><b>25 Clap and Catch</b></p> <p>Throw a ball or soft object up into the air. See how many times you can clap before you catch it</p>	<p><b>26 Compliment Someone</b></p> <p>Today give someone a genuine compliment. Examples: -I like your hairstyle today. -I like how you're helpful.</p>	<p><b>27 Tuesday Prep</b></p> <p>Do one thing today to help prepare you for tomorrow. Examples: -Pack your bookbag -Check your homework -Pick out your clothes</p>	<p><b>28 Look It Up</b></p> <p>What are benefits of practicing self-care or mindfulness skills? Find a valid website that gives accurate and reliable health information and share that information with your family and friends.</p>	<p><b>29 Spend Time with Nature</b></p> <p>Go into nature and practice what the Japanese call <a href="#">Forest Bathing</a></p>	<p><b>30 Be Inclusive</b></p> <p>Invite a classmate you don't really know to join you in an activity.</p>	<p><b>31 Finish Up</b></p> <p>Take today and finish a task that you have been <a href="#">procrastinating</a>.</p>

