

May 2021: West Meadow Daily Activity Calendar



Each day that you complete the activity, draw a check mark in the square. If you miss an activity, you can still complete it on another day. Return completed calendars to the school on May 25th to be entered into a prize draw! 😊

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10 Go for a 20 minute outdoor walk with a family member	11 Do as many push-ups as you can. How many did you get? _____	12 Wellness Wednesday: Write down 3 things you are grateful for 1. _____ 2. _____ 3. _____	13 Make an obstacle course in your yard or inside your house to go through.	14 National Dance Like a Chicken Day: Do the Chicken Dance! YouTube: Chicken Dance Music. mpg	15
16	17 Jog on the spot for 30 seconds in every room of your house	18 Hold a plank position for as long as you can. How long can you hold it? _____	19 Wellness Wednesday: Eat a fruit and a vegetable today	20 Do a jumping Jack for every letter of the alphabet	21 Play catch outside with a family member.	22

Student Name: _____

Parent Signature: _____