

Ringwood's School Counselors Present: *Be Active August 2020*
 Let's focus on staying active all month long!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Fly kites at the park
2 Take a walk and count how many animals you see	3 Jump rope	4 Try yoga at home (Cosmic Kids Yoga)	5 Try to do: 10 pushups 10 sit-ups 10 squats	6 Ride a scooter	7 Have a dance party	8 Explore a new hiking trail as a family
9 Have a water balloon fight	10 Catch fireflies	11 Help weed around your house	12 Try to skateboard	13 Create an obstacle course outside	14 Pick from your vegetable garden	15 Have a catch
16 Go for a morning walk as a family	17 Run barefoot in the grass	18 Ride your bike to a new location	19 Go fishing	20 Go on a nature scavenger hunt	21 Run through the sprinkler	22 Play Twister as a family
23 Draw and play hopscotch	24 Play frisbee	25 Practice hula hooping	26 Play basketball	27 Take a mindful walk	28 Play frisbee golf	29 Wash the car with a hose
30 Build a pillow fort	31 Play cornhole	<p><i>We hope you consider following along and try some of these suggested summer activities.</i></p>				