

November 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Balloon Volleyball. Try to keep a balloon in the air with a family member. Tie a string between 2 chairs to use as a net!	2 Leaf it to me. Go outside and find 3 or 4 different leaves. Bring them inside and hide them around the house. Have a family member find them.	3 Bike Ride. Go for a nice bicycle ride with a family member OR in your driveway.	4 Beach it! Head down to the beach with a family member and find 5 pieces of sea glass.	5 Hide and Seek Hide and seek can be playing indoors or out! Make sure its approved by a parent/guardian.	6
7	8 Hacky Sack DIY Build your own hacky sack with rice and 2 balloons!	9 Bocce Ball Google Bocce ball. Create your own with rocks and paint! PLAY	10 RACE DAY! Have an adult time you run 2 laps around the house! BEAT IT!	11 Create your own! Create a game with a ball and your own rules!	12 Stretch it out! Type Yoga for kids on YouTube kids! Follow the routine	13
14	15 Alphabet workout! Do workout for every letter in your name! Ex: J=jumping jacks	16 Just Dance YOUTUBE just dance in youtube kids. Pic a vid and follow along!	17 Obstacle! Build an obstacle course in your yard with things from nature	18 Leaf Fun! Make a huge pile of leaves and play in it! Challenge a friend to make a bigger one!	19 Bike Obstacle! Build a track on your driveway with things from nature	20
21	22 Book Worm! Balance a book on your head and walk around. Challenge a family member	23 PLAY DAY! Play your favorite indoor/outdoor game with a family member	24 Compete! Challenge a family member to a push-up or sit-up competition	25 52 pick-up Label a deck of cards. Hearts=1 pushup Diamond=1 Squat Spades=1 Jumpjack Clubs=1 situp	26 Journal Write down what you ate for a full day. What was health, what wasn't?	27
28	29 Repeater! Repeat your favorite activity square	30 Do what you can, with what you have, where you are! "Theodore Roosevelt"				