



# October 2020 Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent Signature _____				<b>1 Fire Prevention Month: Review your fire safety plan.</b> <input type="checkbox"/>	<b>2 Do (10) Arm stretches.</b> <input type="checkbox"/>	<b>3 Take a walk. Look for Fall Leaves</b> <input type="checkbox"/>
<b>4 World Animal Day: Draw a picture of your favorite animal</b> <input type="checkbox"/>	<b>5 Be Nice Day</b> Do something nice for a friend. <input type="checkbox"/>	<b>6 Fire Safety: Practice Stop, Drop and Roll</b> <input type="checkbox"/>	<b>7 Read/listen to a story about Fall</b> <input type="checkbox"/>	<b>8 Move and stretch</b> <input type="checkbox"/>	<b>9 Make a healthy snack.</b> <input type="checkbox"/>	<b>10 Feed the Birds</b> <input type="checkbox"/>
<b>11 Make a healthy food collage.</b> <input type="checkbox"/>	<b>12 Columbus Day/Indigenous People's Day</b> <input type="checkbox"/>	<b>13 Dance or move to your favorite Song</b> <input type="checkbox"/>	<b>14 National Dessert Day</b> Make/eat a healthy dessert <input type="checkbox"/>	<b>15 Global Handwashing Day: Remember to wash your hands.</b> <input type="checkbox"/>	<b>16 Exercise for 10 minutes.</b> <input type="checkbox"/>	<b>17 Take a walk and look for signs of Fall.</b> <input type="checkbox"/>
<b>18 Anti-Bullying Month: be a good friend.</b> <input type="checkbox"/>	<b>19 Play a game with a friend.</b> <input type="checkbox"/>	<b>20 National Day on Writing: Write a letter to someone special.</b> <input type="checkbox"/>	<b>21 National Apple Day</b> Enjoy an apple or applesauce or apple juice <input type="checkbox"/>	<b>22 Move and stretch to music.</b> <input type="checkbox"/>	<b>23 Do 10 arm stretches and 10 leg kicks.</b> <input type="checkbox"/>	<b>24 Help set the table for dinner.</b> <input type="checkbox"/>
<b>25 National Art Day: Create something!</b> <input type="checkbox"/>	<b>26 Decorate a pumpkin</b> <input type="checkbox"/>	<b>27 Listen to a Fall or Halloween story</b> <input type="checkbox"/>	<b>28 Make a healthy Harvest Festival snack.</b> <input type="checkbox"/>	<b>29 March to your favorite music.</b> <input type="checkbox"/>	<b>30 Watch a movie with your family.</b> <input type="checkbox"/>	<b>31 Halloween Or Harvest Festival!</b> <input type="checkbox"/>