




# December 2020 Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Eat a red apple or applesauce day. <input type="checkbox"/>	<b>2</b> Do (10) Arm stretches. <input type="checkbox"/>	<b>3</b> Do a chore to help around the house. <input type="checkbox"/>	<b>4</b> Santa's List Day—make your list <input type="checkbox"/>	<b>5</b> March to your favorite music. <input type="checkbox"/>
<b>6</b> St. Nicolas Day- read or story or watch a movie about St. Nick <input type="checkbox"/>	<b>7</b> Letter Writing Day-write a letter. <input type="checkbox"/>	<b>8</b> Read/listen to A story. <input type="checkbox"/>	<b>9</b> Christmas Card Day—make a card <input type="checkbox"/>	<b>10</b> Chanukah begins-learn about Chanukah <input type="checkbox"/>	<b>11</b> Move and stretch to music <input type="checkbox"/>	<b>12</b> Feed the Birds <input type="checkbox"/>
<b>13</b> Ice Cream Day—enjoy an ice cream snack <input type="checkbox"/>	<b>14</b> Dance to your favorite Song <input type="checkbox"/>	<b>15</b> Do 10 arm stretches and 10 leg kicks. <input type="checkbox"/>	<b>16</b> Play a game with a friend. <input type="checkbox"/>	<b>17</b> Exercise for 10 minutes <input type="checkbox"/>	<b>18.</b> Bake Cookies Day <input type="checkbox"/>	<b>19</b> Cheer for your favorite football team <input type="checkbox"/>
<b>20</b> Go Caroling Day—sing/listen to songs <input type="checkbox"/>	<b>21</b> Winter Solstice Day—Listen to a winter story <input type="checkbox"/>	<b>22</b> Make holiday placemats <input type="checkbox"/>	<b>23</b> Make a holiday table centerpiece <input type="checkbox"/>	<b>24</b> Help decorate for the house <input type="checkbox"/>	<b>25</b> Merry Christmas! <input type="checkbox"/>	<b>26</b> Kwanzaa begins—learn about Kwanzaa <input type="checkbox"/>
<b>27</b> Play catch with your family or friends. <input type="checkbox"/>	<b>28</b> Reach up high and then touch your toes. <input type="checkbox"/>	<b>29</b> Help set the table for dinner. <input type="checkbox"/>	<b>30</b> Make a musical instrument or noise maker <input type="checkbox"/>	<b>31</b> New Year's Eve: Make some noise! <input type="checkbox"/>		<div style="border: 1px solid black; padding: 5px;">                     Parent Signature _____                      _____                      _____                 </div>

