|  |
| --- |
| February |
| 2021 |
| 2nd Grade - Healthy Choices Calendar |

|  |  |
| --- | --- |
| This resource is a calendar month of activities and health tasks for students and their families. Students can follow the proposed health choices plan for each day, pick a few activities per week, or choose to complete one activity per week. In addition to using throughout the year, it’s a great tool for holiday dismissals, when students are away from healthy school cues and activities. |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
|  | Pick at least 3 activities to do each week during this month. | Prepare and serve a healthy CATCH snack to your family. | Try a new vegetableyou have never tried. | Be active outsidefor 30 minutes. | Do push/sit ups duringTV commercials. | Drink 4 glasses ofwater today. |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Spend less than2 hours watching TV. | Get 9 hours of sleeptonight. | Run in place during TV commercials. | Go the whole day without drinking a soda. | Eat 5 servings of fruits and/or vegetables. | Be active outsidefor 30 minutes. | Spend a day at the park with family. |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Go grocery shoppingwith your family.  | Go one day without potato chips. | Be active outsidefor 30 minutes. | Free Day!Make your ownhealthy choice. | Drink 8 glassesof water today | Spend less than 1 hour gaming or on social media. | Do 30 minutes of chores (dishes, vacuuming, laundry). |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Try a new fruit you have never tried before. | Be active outsidefor 30 minutes. | Do jumping jacks during TV commercials. | Prepare a healthy snack today. | Tell a friend about yourhealthy choices. | Have a piece of fruitwith breakfast. | Play Ball!Basketball, soccer,Volleyball or football. |
| 28 |  |  |  |  |  |  |
| Cook a healthymeal with your family. |  |  |  |  |  |  |

**Just think, 31 healthy choices in one months’ time 4U2B Healthy!**