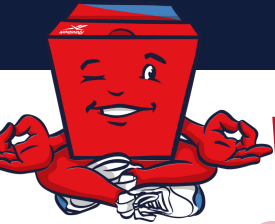


# boks FITNESS CALENDAR

## Theme: Mindful May

May 2021

- Download the calendar.
- Click on the activity to see how to perform the exercise.
- Videos Playlist [here](#).



### Weekly Challenge

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

### Mindful Friday

Week 1

Breathing

BOKS Says – In Your Chair

Buddy Chair Ladder Burst

Earth Day Burst

If You're Active and You Know It

Hand Breathing

Week 2

Nature

Friend Burst

BOKS Memory Moves

Earth Day Around the World

BOKS It

Rainbow Walk

Week 3

Gratitude

Bingo Burst

Jump Rope Burst

Spring Dance Party

Tabata Squats

Limitless Gratitude

Week 4

Get Your Flow On

Coin Flip Burst

Chair Motion Burst

Spring Sports Galore

Foot to Foot Burst

Balance and Flow

## How does this work?

- Join the weekly challenge to set and crush your individual physical activity goals.
- Practice a new BOKS Burst every weekday (Monday to Thursday).
- Wind down from the week with a Mindful Minute.

For more free resources, log in to the BOKS Trainer Hub (lesson plans, games, recipes, and more! Click [here](#) to log in.



[www.bokskids.org](http://www.bokskids.org)

# boks FITNESS CALENDAR

May 2021

## Weekly Challenge

Week 1

### Breathing

Focus on your breath. Deep breathing is one of the fastest ways we can help ourselves feel calm- whether that's by helping us catch our breath after running around with friends, or if we are having trouble focusing on classwork. This week we challenge you to try a different breathing activity each day of the week to help you feel calm. Start with a simple count of breathing in for five seconds and out for five seconds. Continue for three minutes. How do you feel?

Week 2

### Nature

Practicing mindfulness helps us check in with ourselves and pay attention to how we are feeling. Mindfulness has the ability to improve things like focus, planning and organizing. Things that are really important in our day-to-day in the classroom become much easier through practicing mindfulness. This week we challenge you to get out in nature for a daily 10 minute walk, to clear your mind and improve your focus.

Week 3

### Gratitude

Practicing gratitude is an important piece of mindfulness. Gratitude helps us tap into positive emotions and experiences, improves our health, helps us overcome adversity, and builds strong relationships. This week we challenge you to write down three things every day that you are grateful for. At the end of the week, review your list and consider sharing it with a friend or family member. How did it make you feel to be grateful every day?

Week 4

### Get Your Flow On

This week we challenge you to "get your flow on" and take 10 minutes each day to try some new movement flows and balances. You are probably familiar with downward dog and mountain pose. Try these out but add a few more into the mix – how about some animal poses? Cobra, lizard, butterfly, lotus and camel. Hold each pose for 20-40 seconds before moving onto the next one. Don't forget to breathe!



## \*\*New\*\* Mindfulness and Movement Flows

Download our new document in the BOKS Trainer Hub to follow along with our mindfulness, stretching and movement flows.

Bring a few minutes of calm during the day and help kids stay healthy, both mentally and physically, at home or in a school setting.



Having fun with the BOKS Bursts and weekly challenges? Show us how you're getting active at home or in school by tagging @BOKSkids on social and we'll share some of our favorites!



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