

# MINDFUL MARCH 2023

SUN

MON

TUE

WED

THU

FRI

SAT

01

National Peanut Butter Day- Try the apple teeth snack



02

Dr Seuss Birthday! Read "Hop on Pop" and create a hop course to follow

Go on a silent nature walk

03

Challenge a friend to a speed walk race!

04

05

Try a new fruit from the grocery store

06

Yoga for 15 minutes

07

Keep track of how much water you drink today

08

Army crawl while pushing off on toes

09

Take 10 deep breathes before bed

10

Pack your lunch day! Have a picnic outside

11

Crazy 8's- 8 jumping jacks, 8 toe touches, 8 push ups

12

Daylight saving- How much sleep did you really get?

13

Take time out for a mindful silent minute to recenter your body

14

Play Simon says

Blow bubbles

15

Make a kite to fly with a plastic bag and string

16

Hide and seek with the leprechaun's golden coin

17

Hunt for green—Inside and outside!

18

19

National backyard day- Play your favorite yard game

20

Mirror-me! Stand in front of mirror and try to mimic each other

21

Over under game- pass the ball over and under in a circle

Create an obstacle course

22

Make a paper hopscotch for indoor play

23

Shape hop

24

Flower breathing- close eyes imagine smelling a flower, breath in slowly, enjoy the smell and slowly release

25

26

National Spinach Day- Try spinach in a smoothie!

27

Build a fort with sheets and blankets

28

Balances on the lines of the driveway

Dance party!

29

Take a walk to the park

30

Crayon day- draw a picture of your favorite fruit and vegetable

31