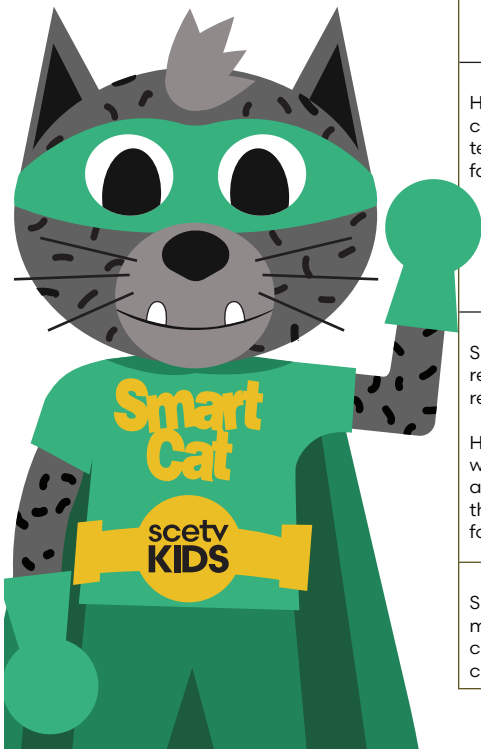




Once you have completed the activities on this calendar, you have successfully participated in Health Literacy Month! Try your best to keep the momentum for the rest of the year! Great job!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Take a 30-minute walk with your child.	2 Cook a healthy breakfast with your child. Discuss the benefits of eating healthy.
3 Yoga improves heart health, mood, helps manages stress, and much more! Check out SCETV's Yoga Minutes on YouTube and practice your poses! Yoga in Practice	4 Start the work and school week off with some encouragement for you and your child's mental health. Make an Encouragement Jar. Follow the instructions from PBS KIDS for Parents. Encouragement Jar	5 Spend this "Talk About It Tuesday" discussing anything your child has on their mind.	6 Try a new fruit or vegetable for dinner tonight.	7 Grab a good book and read either to or with your child for at least 30 minutes before bed.	8 Explore nature with your child. Whether at a park or your backyard, see if you can find any interesting leaves, insects, or flowers.	9 Start your Saturday morning off with an arts and crafts activity! Find plenty to do together at PBS KIDS for Parents.
10 Create a healthy meal plan for you and your family with your child for the entire week and try to stick to it daily!	11 Encourage your child to tell you one thing they learned or discovered today.	12 Replace screen-time with indoor or outdoor playtime. A fun board game, a round of hide and seek, or a dancing to fun music would be great options.	13 Build confidence with a self-portrait. Follow the instructions from PBS KIDS for Parents. Build Confidence With a Self-Portrait	14 Create a story with your child. Write, draw, or act it out.	15 Today is Global Handwashing Day. SCETV has plenty hand-washing songs for you and your little one to sing as you scrub the germs away! Check them out here: Hand Hygiene Day	16 Eat a meal together with no electronics or distractions and discuss any challenges from this past week, and goals for the next.
17 Help your child create cards for their friends, teachers, or other family members.	18 If the weather is nice, run a race outside with your child.	19 Use random household items to build a tower or volcano together.	20 Study with your child! Let him or her teach you what they're learning in class. This is a way for them to study, for you to learn, and for you all to bond.	21 Grab your family members and check out SCETV's First Choice Fit collection! Participate in fun exercises led by Marcus Lattimore! First Choice Fit®	22 Fun Fridays are a great time for Family Game Night! Play a round of charades or any other fun game with your family.	23 Do you need to grocery shop? Invite your child along and as you all shop, discuss healthy food options verses the not so healthy options.
24 Sundays are for relaxation and self-reflection. Help your child write a list of their accomplishments thus far. Do the same for yourself!	25 Cook a healthy dinner with your child.	26 Is there a show on PBS or PBS KIDS that you and your child both love? Watch that show together, and bond!	27 For "Wiggle Wednesday" do some silly exercises before bed, with SCETV's very own, Smart Cat! Stretching Exercise with Smart Cat	28 It's "Thirsty Thursday!" Challenge everyone in your household to drink 8 glasses of water today. The first to finish wins!	29 Sit down for 30 minutes with your child to discuss his or her week. Remember to listen more than you talk!	30 Have you ever had an indoor scavenger hunt with your family? If not, today is the perfect day to do so! Create a list of things for them to find and have them make a run for it!
31 Spend at least 30 minutes doing your child's activity of choice with them.						