

February



CHARACTER TRAIT OF THE MONTH: Optimism

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Squat 10-20 times before each meal!</p>	<p>2</p> <p>Go for a Family Walk</p>	<p>3 Crazy Hair Day!</p> <p>Do jumping jacks on commercial breaks!</p>	<p>4</p> <p>Do stretches/ yoga before bedtime!</p>	<p>5 Spiritwear Day!</p> <p>Have a dance party!</p>	6
<p>7</p>	<p>8</p> <p>Choose a Just Dance on Youtube!</p>	<p>9</p> <p>Do a push up or squat for each letter of the alphabet!</p>	<p>10 Plaid Day!</p> <p>Practice a sport with friends and family!</p>	<p>11</p> <p>Play catch with a sibling for at least 10 minutes!</p>	<p>12 PD Day</p>	13
<p>14</p>	<p>15 Family Day</p>	<p>16</p> <p>Make and complete an obstacle course!</p>	<p>17 Valentine's Day- Wear Pink, Red & White!</p> <p>Play outside for at least 15 minutes!</p>	<p>18</p> <p>Jog and/or walk around your home for at least 10 minutes!</p>	<p>19 Spiritwear Day</p> <p>Report Cards go home</p> <p>Do jumping jacks for an entire song!</p>	20
21	<p>22</p> <p>Make up a dance and teach it to your family!</p>	<p>23</p> <p>Toss a stuffed animal in the air and catch it 25 times!</p>	<p>24 PINK SHIRT DAY!</p> <p>Follow an online workout on youtube!</p> <p>School Council Meeting – 6pm</p>	<p>25</p> <p>Hold a plank for 20, 30, 40, 50 or more seconds!</p>	<p>26 Spiritwear Day!</p> <p>Create an indoor bowling alley with water bottles and socks! Play!</p>	27

Get moving this month with our February Fitness Challenge!

Complete the task each day and use the hashtag, #Lioncolnionsmoving to show off your moves!