

SUMMIT LANE: MAY ACTIVITY CALENDAR

SUN	MOVEMENT MONDAY	TENSION RELEASE TUESDAY	WELLNESS WEDNESDAY	TEN: THURSDAY	FUN FRIDAY	SAT
1	2 Movement Workout: Click Here	3 Tension Release: Neck Rolls 10 in each direction	4 Wellness: ACES: All children exercise simultaneously	5 10: Push-Ups and another upper body exercise of your choice	6 Exercise in any fun way you can think of!	7 Click below on Saturdays for health resources
8	9 Movement Workout: Click Here	10 Tension Release: Cross Body Shoulder Stretch	11 Wellness: Get at least 8 hours of sleep	12 10: Sit-Ups and another core body exercise of your choice	13 Exercise in any fun way you can think of!	14 10 Benefits of Exercise
15	16 Movement Workout: Click Here	17 Tension Release: Downward Dog	18 Wellness: Drink at least 8 cups of water	19 10: Squats and another lower body exercise of your choice	20 Exercise in any fun way you can think of!	21 Power of Meditation
22	23 Movement Workout: Click Here	24 Tension Release: Sit and Reach	25 Wellness: Peacefully meditate for 5 minutes	26 10: Any exercise you want !	27 Exercise in any fun way you can think of!	28 How diet, exercise and stress effect our memory
29	30 Movement Workout: Click Here	31 Tension Release: Pick any stretch you can think of				