

September Calendar

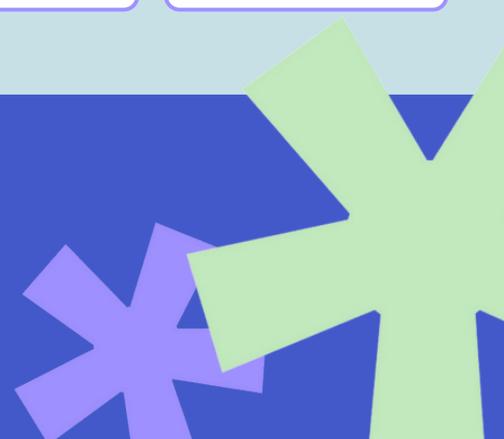
Theme: Movement is the Brain & Body's Best Medicine
2025



	Weekly Challenges	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Ice Breakers	01 <u>Rock Paper Scissors</u>	02 <u>ABC Workout Ice Breaker</u>	03 <u>Partner scarf toss</u> Toss	04 <u>Tabata Squats</u>	05 <u>Mindful Minute Hand Breathing</u>
WEEK 2	Teamwork	08 <u>100 Point Challenge</u>	09 <u>ABC Workout Teamwork</u>	10 <u>Towel Sock Toss</u>	11 <u>Tabata Stand Up Sit down</u>	12 <u>Mindful Minute Box Breathing</u>
WEEK 3	Mindfulness	15 <u>If Your Active and You Know It</u>	16 <u>ABC Workout Be Mindful</u>	17 <u>Wall Sit with Partner</u>	18 <u>Tabata Plank</u>	19 <u>Mindful Minute Limitless Gratitude</u>
WEEK 4	Keep It Fun	22 <u>Move It</u>	23 <u>ABC Workout Have Fun</u>	24 <u>Rhyme It Out</u>	25 <u>Tabata Jumping Jacks</u>	26 <u>Mindful Minute Rainbow Walk</u>

How does this work?

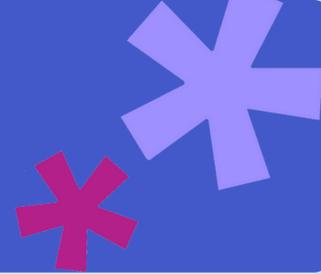
-  Click on the activity to see how to perform the exercise.
-  Join the weekly challenge to set and crush your individual physical activity goals.
-  Practice a new Active Burst Monday through Friday.



September Calendar

Weekly Challenges

2025



WEEK 1

Ice Breakers

September Icebreaker Challenge: Friendship Bingo
This week, play Friendship Bingo to meet new classmates!

- Get a 3x3 card with fun prompts (ex: "Has a pet," "Loves pizza," "Can whistle").
- Ask classmates questions and fill in squares with their names.
- Aim for a row, column, or full card by Friday.

On the last day, share the coolest or funniest fact you learned

WEEK 2

Teamwork

September Teamwork Challenge: Dream Team Rules
Teamwork makes the dream work!

- This week, work with a partner or small group to create 1-2 classroom rules that would make the year fun, fair, and positive.
- Share your ideas with the class.
- By Friday, combine everyone's rules into a Class Dream Team List to follow all year.

WEEK 3

Mindfulness

September Mindfulness Challenge: Journaling YOU
What can you do for YOU this week?

- Each day, write 1-3 sentences about how you're feeling and what's important to you.
- Add one thing you're grateful for, big or small.
- At the end of the week, look back and notice how your thoughts and feelings changed.

Keep it up, and by the end of the school year you'll have a journal full of reflections and gratitude!

WEEK 4

Keep It Fun

September Fun Challenge: Laugh, Play, Dance!
School is in full swing—so let's make it fun!

- Learn a new joke and share it with a classmate.
- Start a mini Friday dance break—just one song is enough to bring smiles.
- Add a little fun twist to everyday routines (like a silly handshake with a friend or a funny voice when reading aloud).

Keep the joy going as you wrap up September, it's amazing how a little laughter and play can brighten everyone's day!

Check out the Trainer Hub for more resources at www.activekids.org