

# March 2024

						1 Spotlight on Women's Health: the U.S. Department of Health & Human Services' Office on Women's Health offers health and wellness resources: <a href="https://www.womenshealth.gov">womenshealth.gov</a>	2 Go for a ½ or 1 mile walk today! Take a friend, family member, or pet with you!
3 Offer to help someone who is struggling with their work	4 Deep belly breathing: Inhale through the nose for a count of 4, hold for a count of 4, then exhale through your mouth for a count of 4.	5 Journal reflection: How did I show kindness today? How can I carry that forward into this week?	6 Mindful Monday: taste a piece of fruit or a vegetable and take your time eating it, noticing the smell, taste, and texture of the food.	7 Active Eats: <a href="#">Creamy White Chili with Cream Cheese</a>	8 Spotlight on Women's Health: <a href="#">Santa Clara County's Pregnancy and Parenting Referral Line</a> connects mothers and families with resources and referrals: (800) 310-2332	9 Clap and Catch: Throw a soft object up into the air. See how many times you can clap before you catch it.	
10 Counting your breaths: Inhale for a count of one, exhale for a count of one. How high can you count?	11 If the lunch bench is crowded, offer up your seat to someone who needs it more.	12 Journal reflection: What was something I did today that made me proud? How can I continue that this week?	13 Mindful Coloring: print and color or digitally color one of these pictures: <a href="#">elephant</a> , <a href="#">dragonfly</a> , or <a href="#">fox</a> . Focus on your breath and colors during the activity.	14 Active Eats: <a href="#">Chicken &amp; White Bean Soup</a>	15 Spotlight on Women's Health: <a href="#">Women's Healthcast</a> is a podcast about women's health produced by the University of Wisconsin-Madison Department of Obstetrics and Gynecology.	16 Pick a distance and challenge a friend to a speed walking race. No running!	
17 Mindful visualization: Focus on a peaceful image like a starry night sky or field of wildflowers as you take deep breaths.	18 Offer to help your teacher clean up the classroom!	19 Journal reflection: What was a challenge I faced today and how did I handle it? What challenges might I face this week?	20 Mindful Monday: <a href="#">the Warrior I yoga pose</a> is an accessible beginning yoga pose and targets the calve muscles. Try for 30 seconds!	21 Brush Your Teeth Shake While brushing your teeth, move your hips in the same motion as your toothbrush.	22 Spotlight on Women's Health: <a href="#">Healthy Women</a> supports women in making informed health choices.	23 Vertical Jump: Jump as high as you can for 30 seconds. Repeat.	
24 Donate gently used toys or books to a charity.	25 Go for a bike ride. Focus on the sensations of the wind blowing through your hair, the sun on your skin, and the sound of wheels on the pavement. How do you feel?	26 Journal reflection: What three things am I grateful for? What am I looking forward to this week?	27 Body Scan Medication: Sit in a comfortable position, close your eyes, and notice any sensations in your body. Take turns on each part of your body and notice any tension or relaxation.	28 Active Eats: <a href="#">Stuffed Sweet Potato with Hummus Dressing</a>	29 Spotlight on Women's Health: The <a href="#">Academy of Nutrition and Dietetics</a> offers articles and resources specific to womens' nutrient needs.	30 Stork Tag: Play tag while hopping on one leg like a stork. Stay inside a small boundary.	
31 Hold the door open for someone who is carrying something.	 <div style="text-align: center;"> <h2>National Nutrition Month</h2> <h2>National Women's History Month</h2> </div>						