



Daily Physical Activity Ideas for your Newsletter and School Calendar



November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Play "keep away with a balloon. Don't let it touch the ground"
	Go on a family fall bike ride before the snow flies		Walking Wednesday. Take the dog for a walk		Jump rope	
Start a game of road hockey on your street						Play an active game: Twister, Simon Says...
Play dodge ball with friends		Make use of summer toys! Take your pool noodles & beach balls inside & play wacky hockey			Go bowling with the family	
			Play Frisbee with a neighbour or friend	Kick Some Variety Into Your Month! Choose a different activity every day. Have everyone in the family write down their favourite activity on a calendar on a day when you can do them		

To view the monthly calendar, visit www.tbdhu.com, click on school & workplace tab, scroll down to "Daily Physical Activity Calendar"