



Pumpkin Patch At Home

WEEK OF DATE:

STUDENT NAME:

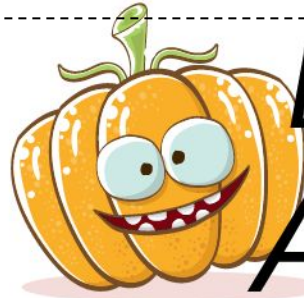
Choose from the activities listed on this menu. Focus on your health for at least 30 minutes each day and then mark the day complete at the bottom of the page. **Be safe and have fun!**

Get ready for the Great Pumpkin Run!

Taking a walk or slow jog with family members will build your physical fitness and get you ready for the Great Pumpkin Run. Find an adult to join you for a walk or jog. Go for a $\frac{1}{4}$ mile, $\frac{1}{2}$ mile, or a whole mile!

Monster Mash Dance Party!

Ask an adult to help you find fun seasonal songs to dance to! Make a fun Fall playlist that gives you 30 minutes of songs and then start Monster Mashing to the music!



Be Active At Home

Decorate with positive pumpkin reminders!

Use fun and positive decorations to help improve your mood. Cut out some paper pumpkin and write positive words to help you remember how important it is for you to take care of your body and mind. Want resources to get you started? [Print the Self-Care Pumpkin Patch.](#)

Walk and talk with grit and determination!

Go for a walk and talk with a family member about something that you'd like to do that might be difficult to accomplish. Ask them to help you brainstorm ideas for ways to make progress toward that goal. Then, work hard with grit and determination.

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday: