

October 2017

Dear Students and Families, October is National Physical Therapy (PT) month. Please consider completing any 2 of these physical activities per week. You may choose to do more as well 😊 Have fun and keep it moving. Kindly, Your P.T.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Breathe in the cool, crisp air	3 Go for a walk	4 Go on a hike	5 Play a game of football	6 Visit a local farm	7
8	9 (Columbus Day) Have a Halloween dance party	10 Go for a bike ride	11 Apple picking	12 Rake leaves	13 Jump in a pile of leaves	14
15	16 Collect colorful leaves	17 Build a scarecrow	18 Pick a pumpkin	19 Check out a corn maze	20 Go on a scavenger hunt for Halloween decorations	21
22	23 Go on a hay ride	24 Breathe in the cool, crisp air	25 Carve/decorate a pumpkin	26 Bobbing for apples	27 Make a fall dessert (i.e. apple or pumpkin pie)	28
29	30 Point and label the different color leaves	31 (Halloween) Trick or treat and/or hand out treats				