



Take breaks in between!  
e.g. if you need to do 60 reps, break it  
into three sets of 20 or six sets of 10.

**Make any adaptations necessary to complete the exercise.**



Add 10 repetitions or  
10 seconds to every exercise

# 10 Reptitions or Seconds



Do everything twice!

X2



# 30 DAY MONTH OF MOVEMENT & MINDFULNESS CHALLENGE

## MIS Month of Movement & Mindfulness!

The MIS MOMM aims to get ALL members of the MIS community moving more and being more mindful for 30 days!

Being active and mindful are essential parts of a healthy lifestyle. We want the MIS MOMM to inspire and challenge everyone involved to make positive actions and activity part of their day-to-day life.

For the movement activities, the different levels mean no matter what level of fitness you currently have you can still get involved. So what are you waiting for?

### Movement

Each daily challenge has three levels of difficulty: Ninja, Jedi and Wildcat. If you are new to exercising or you haven't done any training in a long time you should start on the Ninja Level. You don't have to stay on the Ninja Level consistently. If you feel that you can do more, you can advance a level. The Wildcat level is the hardest level of difficulty and it can be pretty challenging to complete.

The workout sheet offers daily challenges to complete. **Post the chart in a prominent place and set aside a short amount of time to complete each challenge.** Families can challenge and support each other to complete all of the exercises. If you miss a day, you can double up on the weekends.

**Think of this as a game with levels of difficulty, except there is no 'easy'. It starts on 'Ninja'!**

The reverse side of the calendar has mindfulness activities. We hope this will give you a chance to slow down, stop or think of how to make positive changes to your daily routines.



### NINJA

Take breaks in between!  
e.g. if you need to do 60 reps, break it into three sets of 20 or six sets of 10.

**Make any adoptions necessary to complete the exercise.**



### JEDI

Add 10 repetitions or  
10 seconds to every exercise

**10** Reptitions  
or  
Seconds



### WILDCAT

Do everything twice!

**X2**

**HINT:** Try not to push yourself too hard nor too fast. Gradually increase the load, but keep your workouts challenging yet doable.

**HOW:** to do the different exercises. . . . Check the MIS Month of Movement Blog everyday for exercise videos.

### What else is on the the Blog . . .

- An overview of the 30 Day Challenge
- Helpful Fitness Apps
- See the link below for more information!



**Munich International School**

Nurture – Challenge – Inspire  
[www.mis-munich.de](http://www.mis-munich.de)



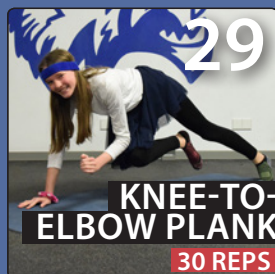
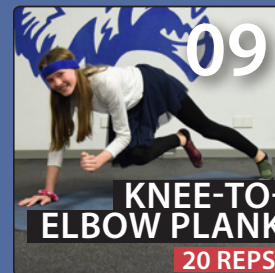
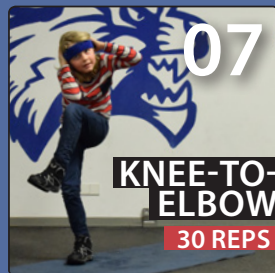
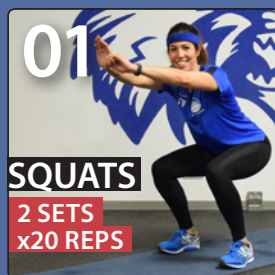
[blogs.mis-munich.de/mom/](https://blogs.mis-munich.de/mom/)

# 30 DAY MONTH OF MOVEMENT

[www.mis-munich.de](http://www.mis-munich.de)



Post your results to [blogs.mis-munich.de/](https://blogs.mis-munich.de/)



Congratulations!  
REST...THEN REPEAT!



# 30 DAY MONTH OF MINDFULNESS

[www.mis-munich.de](http://www.mis-munich.de)



Post your results to [blogs.mis-munich.de/](https://blogs.mis-munich.de/)

## 01 You're off

Kick start your journey. Write down one positive change you'd like to see this month. Big or small, log it now and make it happen.

THINGS FOR YOU

## 02 Gratitude

Today remember to thank someone you've overlooked or who matters to you, e.g. your parents or someone who's been special in your life.

THINGS FOR OTHERS

## 03 Engage

Engage your senses

- Smell the drink you have for breakfast
- Hear the outside birds
- Notice three green objects

SLOW DOWN & RECONNECT



See **MOMM Blog**. Sign up to receive daily emails.

Make a poster of "Feelings that I can and cannot control"

POSITIVE THOUGHTS

## 05 Give

Indulge someone special tomorrow. E.g. give them flowers, cook their favourite dish, fill their car up or just leave them a cheery note.

THINGS FOR OTHERS

## 06 Befriend

Make a new friend. Go out of your way to say Hello to that person you haven't spoken to yet. Strike up a conversation or just make small talk.

THINGS FOR YOU

## 07 Relax

Truly Relax - Lay down and listen to your heartbeat.

SLOW DOWN & RECONNECT



See **MOMM Blog**. Sign up to receive daily emails.

Positive thoughts & affirmations poster

POSITIVE THOUGHTS

## 09 Off button

Supercharge your evening - hit the off button on TV/screens. Do something different e.g. play games, music, dance or phone a friend.

THINGS FOR YOU

## 10 Reconnect

Dust off that contact list. Re-connect with at least one friend, colleague or relative you've lost touch with.

THINGS FOR OTHERS

## 11 Imagine

Use your imagination - Close your eyes and feel a cold iceball in your hand.

SLOW DOWN & RECONNECT



See **MOMM Blog**. Sign up to receive daily emails.

50 ways to build self-esteem poster

POSITIVE THOUGHTS

## 13 Socialise

Replace a chore or work task with something social today. Phone a friend, have coffee with a colleague, stop and chat or organise a get-together.

THINGS FOR YOU

## 14 Support

Be more charitable today. E.g. give others your time, offer to help, support a cause, arrange to give blood or volunteer.

THINGS FOR OTHERS

## 15 Focus

Spend some time looking at all the details on your hand.

SLOW DOWN & RECONNECT



See **MOMM Blog**. Sign up to receive daily emails.

"Letting it go" balloon worksheet

POSITIVE THOUGHTS

## 17 Adventure

Plan an activity that takes you outside your comfort zone this weekend. A new place? Different people? Something new?

THINGS FOR YOU

## 18 Recognition

Today praise someone, post a nice review, share positive feedback or recognise someone who's done good work or gone the extra mile.

THINGS FOR OTHERS

## 19 Eat slowly

Try to taste and identify the different ingredients in your lunch or dinner.

SLOW DOWN & RECONNECT



See **MOMM Blog**. Sign up to receive daily emails.

Practice positivity daily with the G.L.A.D technique

POSITIVE THOUGHTS

## 21 Take stock

Write down three good things that happened yesterday. Make more good things happen today.

THINGS FOR YOU

## 22 Be generous

It's Generosity Day today. Open doors, let others go first, give up your seat, give away something you don't need or take stuff to a charity shop

THINGS FOR OTHERS

## 23 Switch off

Make a warm drink and try to do nothing else but sit and drink it.

SLOW DOWN & RECONNECT



See **MOMM Blog**. Sign up to receive daily emails.

6 ways to change your thoughts and improve self esteem

POSITIVE THOUGHTS

## 25 YOU Day

List three fulfilling things that you want to do today. Now set a time to do them or work them into your schedule.

THINGS FOR YOU

## 26 Listen

Pick three songs you love - Put on headphones - Sit back relax and just listen.

SLOW DOWN & RECONNECT

## 27 Feel good

Today make time to do something which you know makes you feel good. Put music on, make your favourite meal, relax in the bath or recall your favourite memories.

THINGS FOR YOU



See **MOMM Blog**. Sign up to receive daily emails.

Positive self-talk coloring page

POSITIVE THOUGHTS

## 29 Feel

Bring awareness to four things that you are currently feeling, like the texture of your clothes, the feeling of the breeze on your skin, or the smooth surface of a table you are resting your hands on.

SLOW DOWN & RECONNECT

## 30 Reflection

Pick three things from the MOMM which you would want to keep doing. Continue the journey.

Congratulations!