

# October 2011

This month's *healthy habit* is:

*Take responsibility for a drug free life!*

- Common things we find around the house can hurt us if we're not careful.
- Drugs are bad for our bodies, minds and friendships.
- Making safe choices is the responsible thing to do.



## Take responsibility for an energized mind and body– get moving!

Use this calendar to mark each day that your class does at least **10 minutes** of physical activity through energizers, active lessons and other classroom activities.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					