

## OCTOBER 2024

## BRING SOME HALLOWEEN FUN INTO YOUR CLASSROOM WITH THE DAILY MILE!

Have a scary-good time doing the fun activities listed on the calendar while students do The Daily Mile. For those days marked "Scavenger Hunt," use the items below:

- Pumpkin
- Spider
- Spooky TreeBat

• Witch's Hat

• Witch's Broom

- Spider Web

- Black Cat
- GhostCauldron
- Zombie

• Crow

SUN	MON	TUE	WED	THU	FRI	SAT
		Float like a ghost during portions of your run, with arms outstretched and a ghostly "ooooh" sound effect.	2 Scavenger Hunt! Pick two items from the list and try to find them!	Channel your inner zombie by doing a slow, lumbering walk during your Daily Mile, complete with zombie groans.	4  Pause halfway during your  Daily Mile for a quick  "Monster Mash" dance  break.	5
6	Imagine you're a vampire avoiding sunlight. Run in the shadows as much as you can during The Daily Mile.	8  Howl like a werewolf at the moon after you finish your Daily Mile.	<b>S</b> Walk or run with your arms outstretched like a scarecrow.	Pretend your a mummy and start your Daily Mile with slow, deliberate steps like a mummy.	1 1  Scavenger Hunt! Pick two items from the list and try to find them!	12
13	14  Pretend you're a witch flying on a broomstick during intervals of your run,.	15 Extend your arms like bat wings during portions of your run, flapping them for added effect.	Pretend to navigate through spider webs during your Daily Mile.	1 <b>7</b> Scavenger Hunt! Pick two items from the list and try to find them!	18  Walk with a wizard's  grace, waving an imaginary wand to cast spells along the way.	19
20	<b>21</b> Walk or run with stiff, robotic movements like Frankenstein's monster.	Pretend to carry a bubbling cauldron as you run, stirring it occasionally.	23 Switch between running and walking as your teacher shouts "trick" to run or "treat" to walk during The Daily Mile.	<b>24</b> Add a witchy wiggle to your run, complete with a cackling laugh.	25  Talk about your favorite Halloween movie during The Daily Mile.	26
27	28  Scavenger Hunt! Pick two items from the list and try to find them!	Pick your favorite activity on the calendar!	Make the spookiest sound you can while you do The Daily Mile!	3 1  HAPPY HALLOWEEN!!  Wear your Halloween  costume today!	The Daily Mil	