



December 2024



Have a holly jolly 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 or use your own ideas.

- Elf
- Ornament
- Santa
- Wreath
- Stocking
- Tree
- Snowman
- Candy Cane
- Bells
- Reindeer
- Penguin
- Lights

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Santa's Sleigh Run: Pretend you're Santa and guide your imaginary sleigh while running The Daily Mile. Shout out holiday greetings to your fellow runners!	3 Gingerbread Sprint: Visualize yourself as a speedy gingerbread man escaping hungry holiday carousers.	4  Elf March: Strut your stuff with a lively elf march during The Daily Mile. 	5 Scavenger Hunt! Pick two items from the list and try to find them!	6 Discussion: Talk with a friend about a dreamy winter holiday destination you'd like to visit. 	
8	9  Gift Wrap Gallop: Pretend you're racing to deliver gifts on time. Do The Daily Mile while imagining you're carrying a stack of presents.	10 Christmas Carol Karaoke: Choose a different carol for each lap and sing it out loud while running.	11 Scavenger Hunt! Pick two items from the list and try to find them!	12 Discussion: Talk with a friend about your favorite holiday tradition.	13  Reindeer Relay: Take turns running with friends and being Santa's reindeer. Dash ahead, then slow down to let the next "reindeer" take the lead.	14
15	16 Scavenger Hunt! Pick two items from the list and try to find them!	17 Snowman Shuffle: Imagine you're Frosty the Snowman gliding through the snow. Shuffle your feet and pretend to build snowmen along the way.	18  Candy Cane Cardio: Hold a candy cane as you run and practice incorporating twirls or twists while keeping it unbroken.	19 Jingle Bell Jog: Tie jingle bells to your shoelaces & create a festive sound as you jog. Or Sing Jingle Bells as a class during your run.	20 Vote on your favorite activity as a class and repeat it for today's Daily Mile.	21 Winter Break Begins!
22	23	24 	25  Merry Christmas!  Happy Hanukkah!	26 Happy Kwanzaa! 	27	28
29	30	31				