

# SEPTEMBER



## DEAM Calendar Drop Everything And Move

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

**Purpose:**

*This calendar encourages families to become more physically active and take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).*

**Directions:**

*After a student completes a day's activity, an adult should place their initials and a check mark in the space provided. You are allowed to miss one day (activity) each week. If you do, place an "X" in the space instead of a check mark (do not initial).*

✓ Done	Day	DEAM Activity
	1	Take a walk with a family member.
	2	Find something nice to do for someone else.
	3	Pick 3 different muscles to stretch. Hold each stretch for 20 seconds.
	4	Do some chores to help out at home.
	5	Do as many curl-ups as you can. (Do not do this after eating a big sandwich.)
	6	How many jumping jacks can you do in 30 seconds?
	7	Count by 2s while doing lunges.
	8	Take a walk with a family member.
	9	Invent your own jumping jack. Do 50 of them now.
	10	Do 10 wall push-ups.
	11	Do some yardwork to help a neighbor, friend, or family member.
	12	Listen to your favorite song. Jog in place the entire time it's playing.
	13	Showcase your basketball skills by dribbling a basketball for 3 minutes.
	14	Do push-up shoulder taps while practicing your spelling words.
	15	Take a walk with a family member.
	16	Focus on breathing. Inhale for 5 seconds, exhale for 5 seconds. Repeat 5X.
	17	Pick 3 different muscles to stretch. Hold each stretch for 20 seconds.
	18	Be helpful. Ask a family what you can do to help at home.
	19	Do 3 sets of 10 squats.
	20	Play catch! Pick up a ball or flying disc. Find a partner and play some catch.
	21	How many US states can you name while you perform squat jumps?
	22	Take a walk with a family member.
	23	Hydrate! Drink a glass of water.
	24	Count by 5s while doing jumping jacks. How high can you count?
	25	Play music and clean your room.
	26	Do 3 sets of 3 push-ups.
	27	Ask a family member to put your favorite fresh fruit on the grocery list.
	28	Research 3 muscles. Learn their names and what they do.
	29	Take a walk with a family member.
	30	Do 3 sets of 3 burpees.

**Please Remember**

- ✓ Always get adult permission before doing any activity.
- ✓ Return this calendar to your teacher at the end of the month.