


# JANUARY 2021

## DEAM Calendar DROP EVERYTHING AND MOVE

Name \_\_\_\_\_

Teacher \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	2 _____ Play outside.
3 _____ Do as many curl-ups as you can.	4 _____ Touch your elbow to the opposite knee 15 times on each side.	5 _____ Say your math facts while doing reverse lunges.	6 _____ Take a walk.	7 _____ Tell someone how you will have a positive attitude.	8 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	9 _____ Help out around the house.
10 _____ Do as many trunk-lifts as you can.	11 _____ Perform 40 mountain climbers	12 _____ Do push-up shoulder taps while reciting your spelling words.	13 _____ Take a walk.	14 _____ Tell someone one thing you will do to be healthy.	15 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	16 _____ Help with the dishes.
17 _____ Do as many push-ups as you can.	18 _____ Balance on each foot for a count to 50.	19 _____ Perform squat-jumps while naming the continents.	20 _____ Take a walk.	21 _____ Tell someone 2 ways you will make a difference.	22 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	23 _____ Help fold the laundry.
24/31 _____ You pick the exercise and do as many as you can!	25 _____ Do 55 ski-jumps.	26 _____ Name as many healthy habits as you can while holding a side plank.	27 _____ Take a walk.	28 _____ Tell someone three personal goals you have.	29 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	30 _____ Choice day (choose how to be active)!

### DEAM Days:

"Super Sunday"  
 "Move More Monday"  
 "Two-on Tuesday"  
 "Walking Wednesday"  
 "Think-It Thursday"  
 "Flexibility Friday"  
 "Sit-less Saturday"

### Please Remember

> Always get adult permission before doing any activity.

> Return calendar to your teacher at the end of the month.

### Purpose:

*This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, there is an activity that each student is asked to complete with a family member (or with adult supervision).*

### Directions:

*After a child completes a day's activity, the adult should initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" across that day (do not initial).*