

# MARCH


# 2021

# DEAM Calendar

**DROP EVERYTHING AND MOVE**

Name \_\_\_\_\_

Teacher \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 _____ March Madness: Take 64 imaginary jump shots.	2 _____ Flap your arms while naming words that start with letter /a/.	3 _____ Take a walk.	4 _____ About how many glasses of water should you drink each day? Do 8 burpees.	5 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	6 _____ Play with a friend.
7 _____ Do as many shoulder taps as you can.	8 _____ Take 32 imaginary dunks. Get creative!	9 _____ Say your math facts while hopping on one foot.	10 _____ Take a walk.	11 _____ Kids should be active sixty minutes EVERY day! Do 60 jumping jacks.	12 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	13 _____ Play a game that is active. You decide what that is.
14 _____ Do as many trunk-lifts as you can.	15 _____ Perform 16 cross-over dribbles using an imaginary basketball.	16 _____ Hold various yoga poses while reciting your spelling words.	17 _____ Take a walk.	18 _____ Run in place and name 3 reasons why you will never smoke or use tobacco.	19 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	20 _____ Take a hike.
21 _____ Do as many squats as you can.	22 _____ Take 8 pretend chest passes and 4 imaginary foul shots.	23 _____ Perform jumping jacks while naming as many countries as possible.	24 _____ Take a walk.	25 _____ How many food groups are there? Do 5 plank-jacks.	26 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	27 _____ Play outside.
28 _____ Do as many tuck-jumps as you can.	29 _____ Take 2 laps around a pretend court and 1 giant star-jump!	30 _____ Read a book while holding a plank.	31 _____ Take a walk.			

## 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).*