


# APRIL 2019

## DEAM Calendar DROP EVERYTHING AND MOVE

Name \_\_\_\_\_

Teacher \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 _____ Spring into Action: Find someone to do 20 jumping jacks with you.	2 _____ Say your math facts while doing reverse lunges.	3 _____ Take a walk.	4 _____ Did you know soda has ~39 grams of sugar? Do 39 mountain climbers.	5 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	6 _____ Help a neighbor or friend with some spring cleaning!
7 _____ Do as many trunk-lifts as you can.	8 _____ Spring into Action: Find 2 people. Do 30 jumping jacks together.	9 _____ Do push-up shoulder taps while reciting your spelling words.	10 _____ Take a walk.	11 _____ Did you know ice cream has ~13 grams of fat? Do 13 squat thrusts.	12 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	13 _____ Using an old container, gather soil, and plant flowers seeds.
14 _____ Do as many squats as you can.	15 _____ Spring into Action: Find 3 people. Do 40 jumping jacks together.	16 _____ Perform squat- jumps while naming the continents.	17 _____ Take a walk.	18 _____ Did you know donuts have ~280 calories? Jog in place for a 280 count.	19 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	20 _____ Get 60 minutes of MVPA. You choose how!
21 _____ Do as many push-ups as you can.	22 _____ Spring into Action: Find 4 people. Do 50 jumping jacks together.	23 _____ Read a book while doing a wall sit.	24 _____ Take a walk.	25 _____ Did you know hot dogs have ~530 mg of sodium? Raise the roof 530 times!	26 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	27 _____ Invent a game and try it out!
28 _____ Do as many curl-ups as you can.	29 _____ Spring into Action: Find 5 people! Do 60 jumping jacks together.	30 _____ Name as many states as you can while hopping on one leg.				

### 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).*