


JUNE 2019

DEAM Calendar DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 _____ Enjoy the great outdoors!
2 _____ Do as many curl-ups as you can.	3 _____ Using sidewalk chalk, make a hopscotch board.	4 _____ Call out words that rhyme with "pop" while you hop in place.	5 _____ Take a walk.	6 _____ June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).	7 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	8 _____ It's National Gardening Week: Plant something!
9 _____ Do as many trunk-lifts as you can.	10 _____ Using sidewalk chalk, make a 2-square game and challenge a friend.	11 _____ Do push-up shoulder taps while someone calls out words for you to spell.	12 _____ Take a walk.	13 _____ June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).	14 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	15 _____ Take a hike!
16 _____ Do as many squats as you can.	17 _____ Using sidewalk chalk, draw a maze and challenge an adult.	18 _____ Perform squat-jumps while naming bones in the body.	19 _____ Take a walk.	20 _____ June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).	21 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	22 _____ Lightening Safety Week: Play outside if it is SAFE!
23 _____ Do as many push-ups as you can.	24 _____ Using sidewalk chalk, invent a game! Play the game with a neighbor.	25 _____ Read a book while doing a wall sit.	26 _____ Take a walk.	27 _____ June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).	28 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	29 _____ Help someone with their chores!

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).