



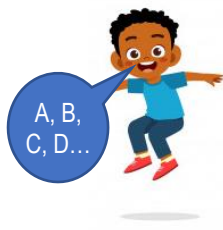






# Early Childhood

## DROP EVERYTHING AND MOVE

Did you know that kids should be active for 60 minutes every day? This DEAM Activity Card will give you some ideas to help you reach this goal. Complete the activity below for each day of the week. Have a parent or guardian initial on the calendar on each day you participate. At the end of the month show your teacher, other family members, and friends your participation throughout the month. Celebrate your success!

<b>Super Sunday</b>	<b>Move More Monday</b>	<b>Two For Tuesday</b>	<b>Walking Wednesday</b>	<b>Think-It Thursday</b>	<b>Flexibility Friday</b>	<b>Sit Less Saturday</b>
 <p>Balance on any 2 body parts.</p>	 <p>Play music and dance!</p>	 <p>Choose a bear walk or crab walk. Count to 20.</p>	 <p>Take a walk!</p>	 <p>Say your 'ABCs' while jumping up and down.</p>	 <p>Shape your body and count to 10.</p>	 <p>Play outside!</p>

### February 2021

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						