



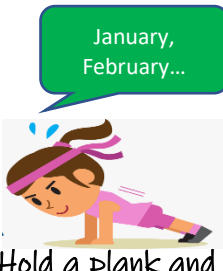
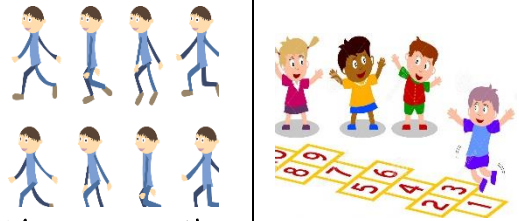





Early Childhood

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!

Super Sunday	Move More Monday	Two For Tuesday	Walking Wednesday	Think-It Thursday	Flexibility Friday	Sit Less Saturday
 <p>Use this link to learn how to make a hoodie ball</p>	 <p>Jump rope 20 times using an imaginary rope</p>	 <p>Jump like a frog or a kangaroo</p>	 <p>Take a walk!</p>	 <p>Hold a plank and say the months of the year</p>	 <p>Move across the room reaching both high and low as you go</p>	 <p>Use chalk, string or paper to make a hopscotch board</p>

March 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	29	30	31			