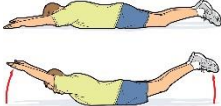



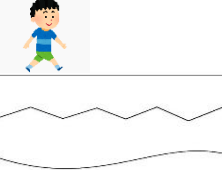






Early Childhood

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>Perform a Superhero pose and hold for 30 seconds.</p>	 <p>Toss and catch a sock ball or paper ball for 1 minute.</p>	 <p>Choose to run in place for 50 count or walk in place for 100 count.</p>	 <p>Go on a walk or hike!</p>	 <p>Make pathways with chalk or string. Balance on them like a beam.</p>	 <p>Make different shapes with your body and hold for a 10 count.</p>	 <p>Go outside and look for six items of different colors</p>

May 2021

						1
4	5	4	5	6	7	8
11	12	11	12	13	14	15
18	19	18	19	20	21	22
25	26	25	26	27	28	29
30	31					