







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>Stand in front of a mirror and flex your muscles. Say "I am SUPER!"</p>	 <p>Crab walk for the count to 20.</p>	 <p>Either clap your hands 50x or clap your feet (laying down) 25x.</p>	 <p>Go on a walk, jog or run!</p>	 <p>Make a letter with your arms. Name a word that starts with that letter.</p>	 <p>Do a "V-sit" and count to 10.</p>	 <p>Use chalk to make shapes. Jump from one shape to the next</p>

June 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			