

AUGUST 2021

DEAM Calendar DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	2 _____ August is "Family Fun Month!" Be active together.
3 _____ Do as many trunk-lifts as you can.	4 _____ Play catch with a ball. How many times can you go without a _____?	5 _____ Do push-up shoulder taps while reciting your spelling words.	6 _____ Take a walk.	7 _____ Your body needs fuel. Choose healthy snacks today!	8 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	9 _____ August is "Family Fun Month!" Be active together.
10 _____ Do as many squats as you can.	11 _____ Pass a soccer ball. Can you pass on the move?	12 _____ Perform squat-jumps while naming the continents.	13 _____ Take a walk.	14 _____ Your body needs hydration. Eliminate sugary drinks; choose water instead.	15 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	16 _____ August is "Family Fun Month!" Be active together.
17 _____ Do as many push-ups as you can.	18 _____ Pass and catch a frisbee. Can you catch it with just 1 hand?	19 _____ Read a book while doing a wall sit.	20 _____ Take a walk.	21 _____ Your body likes to be clean. Take a bath/shower and brush your teeth.	22 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	23 _____ August is "Family Fun Month!" Be active together.
24 / 31 _____ Do any work-out you want!	25 _____ Play a game of Monkey-in-the-Middle. Take turns as the "monkey."	26 _____ Say your math facts while doing reverse lunges.	27 _____ Take a walk.	28 _____ Your body needs to move. Remember to get 60 minutes of activity today.	29 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	30 _____ August is "Family Fun Month!" Be active together.

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).