




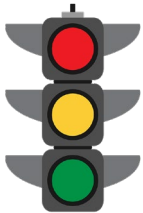





Early Childhood

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>Balance in a superman pose for 10 seconds</p>	 <p>Play a game of "Red Light, Green Light"</p>	 <p>Hop on each foot 5 times or jump on two feet 10x</p>	 <p>Walk one minute for each letter of your name</p>	 <p>Count from 5-0 and then do blasting jump off</p>	 <p>Pretend to be your favorite animal in a yoga pose</p>	 <p>Waddle like a penguin</p>

October 2021

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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 / 31	25	26	27	28	29	30