

OCTOBER 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 _____ Juggle plastic grocery bags... toss and catch 2, 3, or 4 bags!
3 _____ Do as many curl-ups as you can.	4 _____ How many different ways can you safely roll?	5 _____ Say your math facts while doing reverse lunges.	6 _____ Take a walk.	7 _____ 1 can of Mt. Dew has 46 grams of sugar. Do 46 mountain climbers.	8 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	9 _____ Bag Game: Play 1 vs. 1 Tag with someone at home.
10 _____ Do as many push-ups as you can.	11 _____ How many ways can you transfer your weight over an imaginary line?	12 _____ Do push-up shoulder taps while reciting your spelling words.	13 _____ Take a walk.	14 _____ 1 can of Dr. Pepper has 55 mg of sodium. Hop on each foot 55 times.	15 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	16 _____ Make bag into a ball. Toss and catch with someone in your family.
17 _____ Do as many squats as you can.	18 _____ How many ways can you bend, twist, and turn your body?	19 _____ Perform squat-jumps while naming the continents.	20 _____ Take a walk.	21 _____ 1 can of Pepsi has 150 calories. Run in place for the count to 150!	22 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	23 _____ Bag Fitness: While holding a plank, circle the bag around your body.
24 / 31 _____ Pick any exercise. Do as many reps as you can.	25 _____ Practice jumping and landing safely.	26 _____ Read a book while doing a wall sit.	27 _____ Take a walk.	28 _____ Soda has zero protein and zero fiber. Commit to drinking zero soda next month.	29 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	30 _____ Create your one game using plastic grocery bags.

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).