

DECEMBER 2021

DEAM Calendar DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 _____ Take a walk.	2 _____ Think: I love to challenge myself! Live this motto all day!	3 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	4 _____ Move during TV commercials. No TV?... then move 5 minutes each hour.
5 _____ Do as many curl-ups as you can.	6 _____ Do 10 burpees and 10 sit-ups.	7 _____ Say your math facts while doing reverse lunges.	8 _____ Take a walk.	9 _____ Think: I will be the best I can be! Live this motto all day!	10 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	11 _____ Move during TV commercials. No TV?... then move 5 minutes each hour.
12 _____ Do as many trunk-lifts as you can.	13 _____ Do 20 jumping jacks and 20 plank jacks.	14 _____ Do push-up shoulder taps while reciting your spelling words.	15 _____ Take a walk.	16 _____ Think: I can do hard things! Live this motto all day!	17 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	18 _____ Move during TV commercials. No TV?... then move 5 minutes each hour.
19 _____ Do as many squats as you can.	20 _____ Do 30 mountain climbers and 30 bicycle crunches.	21 _____ Perform squat-jumps while singing a holiday song.	22 _____ Take a walk.	23 _____ Think: I will train my brain (and body)! Live this motto all day!	24 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	25 _____ Move during TV commercials. No TV?... then move 5 minutes each hour.
26 _____ Do as many lunges as you can.	27 _____ It's almost the New Year! Do 10 star jumps.	28 _____ Think of two resolutions while holding a plank.	29 _____ Take a walk.	30 _____ Think: I love myself for who I am. Live this motto every day!	31 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	

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).