




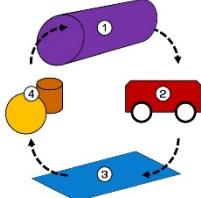





# Early Childhood

## 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!

<b>Super Sunday</b>	<b>Move More Monday</b>	<b>Two For Tuesday</b>	<b>Walking Wednesday</b>	<b>Think-It Thursday</b>	<b>Flexibility Friday</b>	<b>Sit Less Saturday</b>
 <p>Tell a friend something that makes him/her SUPER!</p>	 <p>Make an obstacle course and complete it.</p>	 <p>Balance on 2 hands and 1 foot OR 1 hand and 2 feet.</p>	 <p>Walk in place while counting as high as you can.</p>	 <p>Try this <u>OPEN</u> activity.</p>	 <p>Face a family member or friend. Pretend to be a mirror and copy their movements.</p>	 <p>Hold a can of soup in each hand and raise them over your head 20x.</p>

### December 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	31	