

NOVEMBER 2021

DEAM Calendar DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 _____ Using an invisible jump rope, practice twenty "ski jumps."	2 _____ Read a book while doing a wall sit.	3 _____ Take a walk.	4 _____ Check how much fat is in your favorite salad dressing. Do that # of plank jacks.	5 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	6 _____ Rake leaves. No leaves... do something outside.
7 _____ Do as many curl-ups as you can.	8 _____ Use an invisible jump rope to practice hopping on one foot.	9 _____ Say your math facts while doing reverse lunges.	10 _____ Take a walk.	11 _____ Check how many calories are in a piece of candy. Flap your arms that #.	12 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	13 _____ Play with a friend.
14 _____ Do as many push-ups as you can.	15 _____ Using an invisible jump rope, practice ten "double unders."	16 _____ Do push-up shoulder taps while reciting your spelling words.	17 _____ Take a walk.	18 _____ Check how much salt is in ketchup. Side-slide in place that #.	19 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	20 _____ Play your favorite game with your family.
21 _____ Do as many squats as you can.	22 _____ Using an invisible jump rope, do 20 "straddle jumps."	23 _____ Perform squat-jumps while naming the continents.	24 _____ Take a walk.	25 _____ Happy Thanksgiving! Try something new at dinner!	26 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	27 _____ Ask your parents what you can do to help out!
28 _____ Pick an exercise and perform as many reps as you can.	29 _____ Using an invisible jump rope, practice any tricks and skills you want.	30 _____ **Choice Day**				

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).