




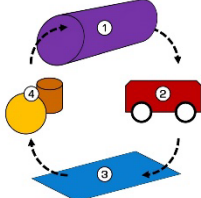





Early Childhood

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>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>ACTIVE CLASSROOM ACTIVITY CARDS</p> <p>ELEVATOR GAME</p> <ul style="list-style-type: none"> Let's get our bodies moving with the Elevator Game. Stand tall with your feet shoulder-width apart. We're going to go from the 10th story of a building (standing tall), down to the ground floor (squat position). But, as we slowly go down on the elevator, we're going to have to stop and go back up to get things that we have forgotten. Follow along with my story to go up and down on the elevator. <p><u>Try this OPEN activity.</u></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 2022

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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