

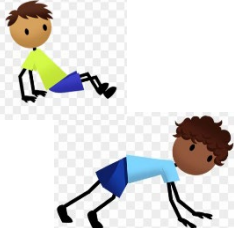
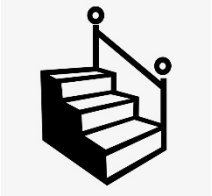





# Early Childhood

## 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!

<u>Super Sunday</u>	<u>Move More Monday</u>	<u>Two For Tuesday</u>	<u>Walking Wednesday</u>	<u>Think-It Thursday</u>	<u>Flexibility Friday</u>	<u>Sit Less Saturday</u>
 <p>Hold a plank. Name 3 things that you are SUPER at!</p>	 <p>Play a game of "Simon Says"</p>	 <p>Move like a crab OR like a bear for the count to 20.</p>	 <p>Walk up and down a set of stairs 10 times.</p>	 <p>Say the alphabet while jumping on 2 legs.</p>	 <p><b>BODY SHAPES</b></p> <ul style="list-style-type: none"> <li>We're going to balance on 1 foot and slowly draw shapes in the air with our other foot.</li> <li>After a few minutes, we're going to switch feet and draw with the other foot.</li> <li>If you have trouble balancing on 1 foot, it's okay to get in a squat position, or with both feet together, and draw the objects in the air with your arm.</li> </ul> <p>Try this <a href="#">OPEN activity</a>.</p>	 <p>Hold a can of soup in each hand and do 20 bicep curls.</p>

November 2022

		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			