










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>
 Balance in a superman pose for 10 seconds	 Play a game of "Red Light, Green Light"	 Hop on each foot 5 times or jump on two feet 10x	 Walk one minute for each letter of your name	 Count from 5-0 and then do blasting jump off	 Pretend to be your favorite animal in a yoga pose	 Waddle like a penguin

October 2022

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4	5	4	5	6	7	8
11	12	11	12	13	14	15
18	19	18	19	20	21	22
25	26	25	26	27	28	29
30	31					