







# 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><u>Super Sunday</u></b>	<b><u>Move More Monday</u></b>	<b><u>Two For Tuesday</u></b>	<b><u>Walking Wednesday</u></b>	<b><u>Think-It Thursday</u></b>	<b><u>Flexibility Friday</u></b>	<b><u>Sit Less Saturday</u></b>
 <p>Eat a SUPER healthy meal that includes fruits &amp; veggies.</p>	 <p>Juggle 2 plastic bags or scarves.</p>	 <p>Balance a paper ball on your head for 10 count or your elbow for 15 count.</p>	 <p>Take a walk.</p>	 <p>Try this activity (<a href="#">LINK</a>)</p>	 <p>Make any letter with your body and hold this pose for 10 count.</p>	 <p>Go the entire day with NO TV!</p>

### September 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	