

JUNE 2023

DEAM Calendar DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 _____ Run in place while naming the months of the year in reverse order.	2 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	3 _____ Enjoy the great outdoors!
4 _____ Do as many curl-ups as you can.	5 _____ Using sidewalk chalk, make a hopscotch board.	6 _____ Call out words that rhyme with "pop" while you hop in place.	7 _____ Take a walk.	8 _____ Run in place while saying the alphabet in reverse.	9 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	10 _____ It's National Gardening Week: Plant something!
11 _____ Do as many trunk-lifts as you can.	12 _____ Using sidewalk chalk, make a 2-square game and challenge a friend.	13 _____ Do push-up shoulder taps while someone calls out words for you to spell.	14 _____ Take a walk.	15 _____ Run in place while counting backwards starting at 50.	16 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	17 _____ Take a hike!
18 _____ Do as many squats as you can.	19 _____ Using sidewalk chalk, draw a maze and challenge an adult.	20 _____ Perform squat-jumps while naming bones in the body.	21 _____ Take a walk.	22 _____ Run in place while spelling any 3 colors backwards (ex. "d-e-r" = RED).	23 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	24 _____ Help someone with their chores!
25 _____ Do as many push-ups as you can.	26 _____ Using sidewalk chalk, invent a game! Play the game with a neighbor.	27 _____ Name as many states as possible while holding a plank.	28 _____ Take a walk.	29 _____ Choice Day! (You choose how to move.)	30 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	

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).