

MAY

2023

DEAM Calendar

DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 _____ Juggle a ball with your feet for 5 minutes.	2 _____ Perform jumping jacks, while naming words that start with "M".	3 _____ Take a walk.	4 _____ 1 Cup of broccoli has ~60mg of calcium. Do 60 air kicks.	5 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	6 _____ Family Fun: Go to the park together.
7 _____ Do as many squats as you can.	8 _____ Spend 5 minutes tossing and catching a ball.	9 _____ Perform squats while someone calls out math problems for you to answer.	10 _____ Take a walk.	11 _____ Beans have ~500mg of potassium. Jog in place for the count to 500.	12 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	13 _____ Family Fun: Take turns selecting an exercise to do together.
14 _____ Do as many push-ups as you can.	15 _____ Spend 5 minutes volleying a balloon in the air.	16 _____ Hold a plank while naming all the cities that you can think of.	17 _____ Take a walk.	18 _____ A half cup of blueberries has ~40 IUs of Vitamin A. Do 40 plank jacks.	19 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	20 _____ Family Fun: Build an obstacle course.
21 _____ Do as many curl-ups as you can.	22 _____ Shoot hoops into a trash can using a paper ball for 5 minutes.	23 _____ Name as many muscles in the body as you can while you jump in place.	24 _____ Take a walk.	25 _____ A serving of spinach has ~20mg of magnesium. Do 20 squat-thrusts.	26 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	27 _____ Family Fun: Play a game of Hot Potato or have a Water Balloon Toss.
28 _____ Pick any exercise. Do as many reps as you can.	29 _____ Pick any sport or skill and practice it for... you guessed it, 5 minutes!	30 _____ Choice Day!	31 _____ Take a walk.			

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).