

NOVEMBER

DEAM Calendar Drop Everything And Move

Be Grateful
Be Helpful
Be Kind

Name: _____

Teacher: _____

Purpose:

This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions:

After a student completes a day's activity, an adult should make a check mark and initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" in the space provided for a check mark (do not initial).

✓ Done	Day	DEAM Activity
	1	Check the total carbs on any food label. Do that # mountain climbers.
	2	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	3	Rake leaves. (No leaves? Do something else outside instead!)
	4	Do as many curl-ups as you can.
	5	Use an invisible jump rope to practice some tricks
	6	Say your math facts while doing reverse lunges.
	7	Take a walk.
	8	Check how many calories are in a piece of candy. Flap your arms that #.
	9	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	10	Play with a friend.
	11	Do as many trunk lifts as you can.
	12	Using an invisible jump rope, practice 10 double unders.
	13	Do push-up shoulder taps while reciting your spelling words.
	14	Take a walk.
	15	Check how much salt is in ketchup. Side-slide in place that #.
	16	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	17	Play your favorite tag game with your family.
	18	Do as many squats as you can.
	19	Using an invisible jump rope, do 20 straddle jumps.
	20	Perform squat-jumps while naming the continents.
	21	Take a walk.
	22	Happy Thanksgiving! Try something new at dinner!
	23	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	24	Ask your parents what you can do to help out!
	25	Do as many push-ups as you can.
	26	Using an invisible jump rope, practice 20 ski jumps.
	27	Read a book while doing a wall sit.
	28	Take a walk.
	29	How much fat is in your favorite salad dressing? Do that # of plank jacks.
	30	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return calendar to your teacher at the end of the month.
- ✓ Gratitude is an attitude.

