

# MARCH

## DEAM Calendar Drop Everything And Move

**BE GOOD**  
by being helpful

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, adults make a check mark and initial in the space provided. Each week, you can 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	Pick 3 different muscles to stretch. Hold each stretch for 20 seconds.
	2	Play with a friend.
	3	Do as many sit-ups as you can.
	4	Practice your overhand throw 15 times (side to target, T, step, turn, throw)
	5	Say your ABCs while doing crab walk steps.
	6	Take a walk.
	7	Kids should be active sixty minutes EVERY day! Do 60 jumping jacks.
	8	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	9	Play a game that is active. You decide what that is.
	10	Do as many crab push-ups as you can.
	11	Hop in place 20 times (10 on each foot).
	12	Say math facts while jogging in place.
	13	Take a walk.
	14	Run in place and say your ABCs
	15	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	16	Take a hike.
	17	Do 15 seal walk steps.
	18	Play catch with someone.
	19	Pretend jump rope (20 jumps)
	20	Take a walk.
	21	Do a plank for 10 seconds.
	22	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	23	Play outside.
	24	Do as many push-ups as you can.
	25	Take 2 laps around a pretend court and 1 giant star-jump!
	26	Read a book while doing a wall sit.
	27	Take a walk.
	28	Do 8 burpees.
	29	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	30	Go to the park!
	31	Do 15 wall push-ups.

### Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return calendar to your teacher when we get back.

