

MARCH


2021

DEAM Calendar

DROP EVERYTHING AND MOVE

Name _____

Teacher _____

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--------------------------|---|--|--|
| | 1 _____ March Madness: Take 64 imaginary jump shots. | 2 _____ Flap your arms while naming words that start with letter /a/. | 3 _____ Take a walk. | 4 _____ About how many glasses of water should you drink each day? Do 8 burpees. | 5 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. | 6 _____ Play with a friend. |
| 7 _____ Do as many shoulder taps as you can. | 8 _____ Take 32 imaginary dunks. Get creative! | 9 _____ Say your math facts while hopping on one foot. | 10 _____ Take a walk. | 11 _____ Kids should be active sixty minutes EVERY day! Do 60 jumping jacks. | 12 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. | 13 _____ Play a game that is active. You decide what that is. |
| 14 _____ Do as many trunk-lifts as you can. | 15 _____ Perform 16 cross-over dribbles using an imaginary basketball. | 16 _____ Hold various yoga poses while reciting your spelling words. | 17 _____ Take a walk. | 18 _____ Run in place and name 3 reasons why you will never smoke or use tobacco. | 19 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. | 20 _____ Take a hike. |
| 21 _____ Do as many squats as you can. | 22 _____ Take 8 pretend chest passes and 4 imaginary foul shots. | 23 _____ Perform jumping jacks while naming as many countries as possible. | 24 _____ Take a walk. | 25 _____ How many food groups are there? Do 5 plank-jacks. | 26 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. | 27 _____ Play outside. |
| 28 _____ Do as many tuck-jumps as you can. | 29 _____ Take 2 laps around a pretend court and 1 giant star-jump! | 30 _____ Read a book while holding a plank. | 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).