

FEBRUARY

DEAM Calendar

DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Did you know?</i> Fiber helps the body digest food. Fiber can be found in fruits, vegetables, and whole grains.</p>			<p>1 _____ Take a walk.</p>	<p>2 _____ Think of what a healthy breakfast is while balancing on 1 foot.</p>	<p>3 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.</p>	<p>4 _____ Play your favorite PE game with your family.</p>
<p>5 _____ Do as many curl-ups as you can.</p>	<p>6 _____ Perform 25 high-knees.</p>	<p>7 _____ Say your math facts while doing reverse lunges.</p>	<p>8 _____ Take a walk.</p>	<p>9 _____ Think of many different vegetables while holding a plank.</p>	<p>10 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.</p>	<p>11 _____ Help make a healthy dinner.</p>
<p>12 _____ Do as many trunk-lifts as you can.</p>	<p>13 _____ Perform 50 high-knees.</p>	<p>14 _____ Do push-up shoulder taps while reciting your spelling words.</p>	<p>15 _____ Take a walk.</p>	<p>16 _____ Think about the five different food groups. Do 5 squat-thrusts.</p>	<p>17 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.</p>	<p>18 _____ When watching TV, run in place during 4 commercials.</p>
<p>19 _____ Do as many squats as you can.</p>	<p>20 _____ Perform 75 high-knees.</p>	<p>21 _____ Perform squat-jumps while naming the continents.</p>	<p>22 _____ Take a walk.</p>	<p>23 _____ Look at the label of any food. Do a sit-up for each ingredient you can't pronounce.</p>	<p>24 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.</p>	<p>25 _____ Play music and have a dance party!</p>
<p>26 _____ Do as many push-ups as you can.</p>	<p>27 _____ Perform 100 high-knees!</p>	<p>28 _____ Read a book while doing a wall sit.</p>	<p><i>Did you know?</i> Exercise has a number of benefits, including the obvious such as stronger muscles and bones. It also helps prepare the body and brain to learn, which improves academic performance (better grades)!</p>			

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 after 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).