

# MAY



EARLY  
CHILDHOOD

## DEAM Calendar

DROP EVERYTHING AND MOVE

Name \_\_\_\_\_

Teacher \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 _____ Jump up and down while saying your ABCs.	2 _____ Take a walk.	3 _____ An orange has lots of Vitamin C. Shape your body into a "C"	4 _____ Touch your toes and count to ten.	5 _____ Family Fun: Pack a picnic lunch.
	6 _____ Hop on one foot as many times as you can!	7 _____ Make a sock ball and play catch with yourself.?	8 _____ Jump up and down while counting to 20.	9 _____ Take a walk.	10 _____ Kiwi fruit has high levels of vitamin K. Shape your body into a "K"	11 _____ Reach toward the sky and count to ten.
	12 _____ Family Fun: Go to the playground together.	13 _____ Do as many squats as you can.	14 _____ Make a sock ball and play catch with someone else.	15 _____ Jump up and down while saying different types of fruit.	16 _____ Take a walk.	17 _____ Bananas have lots of potassium. Shape your body into a "P"
	18 _____ Twist at your trunk and count to ten.	19 _____ Family Fun: Create an obstacle course together.	20 _____ Hold a plank for as long as you can.	21 _____ Make a sock ball and make 'fancy' tosses with a partner.	22 _____ Jump up and down while saying words that rhyme with 'cat'	23 _____ Take a walk.
	24 _____ Raspberries have lots of Vitamin A. Shape your body into an "A"	25 _____ Do a butterfly stretch (sit with soles of feet touching). Count to ten.	26 _____ Family Fun: Explore your city via a walking tour.	27 _____ Do any exercise you want!	28 _____ Make a sock ball and create a fun game to play.	29 _____ Jump up and down while you tell a story.
		30 _____ Take a walk.	31 _____ Spinach is a good source of magnisium. Shape your body into an "M"			

### 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).*