

# JUNE

## DEAM Calendar

*DROP EVERYTHING AND MOVE*

Name \_\_\_\_\_

Teacher \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	2 _____ Enjoy the great outdoors!
3 _____ Do as many curl-ups as you can.	4 _____ Using sidewalk chalk, make a hopscotch board.	5 _____ Say your math facts while doing reverse lunges.	6 _____ Take a walk.	7 _____ June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).	8 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	9 _____ It's National Gardening Week: Plant something!
10 _____ Do as many trunk-lifts as you can.	11 _____ Using sidewalk chalk, make a 2-square game and challenge a friend.	12 _____ Do push-up shoulder taps while reciting your spelling words.	13 _____ Take a walk.	14 _____ June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).	15 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	16 _____ Take a hike.
17 _____ Do as many squats as you can.	18 _____ Using sidewalk chalk, draw a maze and challenge a parent.	19 _____ Perform squat-jumps while naming the continents.	20 _____ Take a walk.	21 _____ June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).	22 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	23 _____ Help with some outdoor chores.
24 _____ Do as many push-ups as you can.	25 _____ Using sidewalk chalk, invent a game you think sounds fun!	26 _____ Read a book while doing a wall sit.	27 _____ Take a walk.	28 _____ June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).	29 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	30 _____ Lightening Safety: Play outside if there is NO thunder or lightning.

### 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).*