


# NOVEMBER

## 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 _____ Rake leaves. No leaves... do something outside.
3 _____ Do as many curl-ups as you can.	4 _____ Use an invisible jump rope to practice some tricks	5 _____ Say your math facts while doing reverse lunges.	6 _____ Take a walk.	7 _____ Check how many calories are in a piece of candy. Flap your arms that #.	8 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	9 _____ Play with a friend.
10 _____ Do as many trunk-lifts as you can.	11 _____ Using an invisible jump rope, practice ten "double unders."	12 _____ Do push-up shoulder taps while reciting your spelling words.	13 _____ Take a walk.	14 _____ Check how much salt is in ketchup. Side-slide in place that #.	15 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	16 _____ Play your favorite tag game with your family.
17 _____ Do as many squats as you can.	18 _____ Using an invisible jump rope, do 20 "straddle jumps."	19 _____ Perform squat-jumps while naming the continents.	20 _____ Take a walk.	21 _____ Check how much fat is in your favorite salad dressing. Do that # of plank jacks.	22 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	23 _____ Ask your parents what you can do to help out!
24 _____ Do as many push-ups as you can.	25 _____ Using an invisible jump rope, practice twenty "ski jumps."	26 _____ Read a book while doing a wall sit.	27 _____ Take a walk.	28 _____ Happy Thanksgiving! Try something new at dinner!	29 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	30 _____ Enjoy the great outdoors! Choose something fun to do.

### 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).*