

# APRIL

# 2023

## DEAM Calendar DROP EVERYTHING AND MOVE

Name \_\_\_\_\_

Teacher \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 _____ Help a neighbor or friend with some spring cleaning!
2 _____ Do as many trunk-lifts as you can.	3 _____ Spring into Action: Find someone to do 20 jumping jacks with you.	4 _____ Do push-up shoulder taps while reciting your spelling words.	5 _____ Take a walk.	6 _____ Did you know ice cream has ~13 grams of fat? Do 13 squat thrusts.	7 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	8 _____ Using an old container, gather soil, and plant flowers seeds.
9 _____ Do as many squats as you can.	10 _____ Spring into Action: Find 2 people. Do 30 jumping jacks together.	11 _____ Perform squat-jumps while naming the continents.	12 _____ Take a walk.	13 _____ Did you know donuts have ~280 calories? Jog in place for a 280 count.	14 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	15 _____ Get 60 minutes of MVPA. You choose how!
16 _____ Do as many push-ups as you can.	17 _____ Spring into Action: Find 3 people. Do 40 jumping jacks together.	18 _____ Read a book while doing a wall sit.	19 _____ Take a walk.	20 _____ Did you know hot dogs have ~530 mg of sodium? Raise the roof 530 times!	21 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	22 _____ Invent a game and try it out!
23/30 _____ Do as many curl-ups as you can.	24 _____ Spring into Action: Find 4 people. Do 50 jumping jacks together.	25 _____ Name as many states as you can while hopping on one leg.	26 _____ Take a walk.	27 _____ Did you know soda has ~39 grams of sugar? Do 39 mountain climbers.	28 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	29 _____ Ride a bicycle or scooter.

### 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).*