

MARCH

2023

DEAM Calendar

DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 _____ Take a walk.	2 _____ About how many glasses of water should you drink each day? Do 8 burpees.	3 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	4 _____ Play with a friend.
5 _____ Do as many shoulder taps as you can.	6 _____ March Madness: Take 64 imaginary jump shots.	7 _____ Say your math facts while hopping on one foot.	8 _____ Take a walk.	9 _____ Kids should be active sixty minutes EVERY day! Do 60 jumping jacks.	10 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	11 _____ Play a game that is active. You decide what that is.
12 _____ Do as many trunk-lifts as you can.	13 _____ Take 32 imaginary dunks. Get creative!	14 _____ Hold various yoga poses while reciting your spelling words.	15 _____ Take a walk.	16 _____ Happy St. Patrick's Day! Dance a jig!	17 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	18 _____ Take a hike.
19 _____ Do as many squats as you can.	20 _____ Perform 16 cross-over dribbles using an imaginary basketball.	21 _____ Perform jumping jacks while naming as many countries as you can think of.	22 _____ Take a walk.	23 _____ How many food groups are there? Do 5 plank-jacks.	24 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	25 _____ Play outside.
26 _____ Do as many tuck-jumps as you can.	27 _____ Take 8 pretend chest passes and 4 imaginary foul shots.	28 _____ Read a book while holding a plank.	29 _____ Take a walk.	30 _____ Run in place and name 3 reasons why you will never smoke or use tobacco.		

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).