

APRIL

DEAM Calendar Drop Everything And Move

SPRING into action

JUST FOR FUN & FITNESS - ON YOUR OWN

Directions:

Students, it is important to be physically active every day. This DEAM calendar has activities that you can do on your own (with supervision) or with a family member every day so that you can keep your body and mind strong.

How many activities can you get done this month?

I would love to know how many you complete.

Email Mrs. Johns at johnsk@casdschools.org and let me know your score!

✓ Done	Day	DEAM Activity
	1	Spring into Action: Do 20 half jacks.
	2	Count to 100 by 5's while doing reverse lunges.
	3	Take a walk.
	4	Did you know soda has 39 grams of sugar? Do 39 mountain climbers.
	5	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	6	Help a neighbor or friend with some spring cleaning!
	7	Do as many trunk-lifts as you can.
	8	Spring into Action: Find someone in your house. Do 30 star jumps together.
	9	Do push-up shoulder taps while reciting your spelling words.
	10	Take a walk.
	11	Did you know ice cream has 13 grams of fat? Do 13 squat thrusts.
	12	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	13	Balance in tree pose during each commercial of your favorite TV show.
	14	Do as many squats as you can.
	15	Spring into Action: Challenge a family member or friend to race.
	16	Perform squat-jumps while naming the colors of a rainbow.
	17	Take a walk.
	18	Did you know donuts have 280 calories? Jog in place for a 280 count.
	19	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	20	Balance on one body part for as long as you can.
	21	Do as many push-ups as you can.
	22	Spring into Action: Find a family member. Do 50 jumping jacks together.
	23	Read a book while doing a wall sit.
	24	Take a walk.
	25	Did you know hot dogs have 530 mg of sodium? Raise the roof 530 times!
	26	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	27	Invent a game and try it out!
	28	Minute to Win It! How many curl-ups can you do in one minute?
	29	Spring into Action: Create your own scavenger hunt!
	30	Find a tossable and see how many catches you can make in one minute.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Make sure your activity area is safe.

