

# AUGUST



## DEAM Calendar Drop Everything And Move

Name:

Teacher:

**Purpose:**

*This calendar encourages families to become more physically active and take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).*

**Directions:**

*After a student completes a day's activity, an adult should place their initials and a check mark in the space provided. You are allowed to miss one day (activity) each week. If you do, place an "X" in the space instead of a check mark (do not initial).*

✓ Done	Day	DEAM Activity
	1	Your body needs sleep. Get to bed early tonight!
	2	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	3	August is Family Fun Month! Be active together.
	4	Do as many trunk-lifts as you can.
	5	Play catch with a ball. How many times can you go without a miss?
	6	Do push-up shoulder taps while reciting your spelling words.
	7	Take a walk.
	8	Your body needs fuel. Choose healthy snacks today!
	9	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	10	August is Family Fun Month! Be active together.
	11	Do as many squats as you can.
	12	Pass a soccer ball. Can you pass on the move?
	13	Perform squat-jumps while naming the continents.
	14	Take a walk.
	15	Your body needs hydration. Eliminate sugary drinks and choose water instead.
	16	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	17	August is Family Fun Month! Be active together.
	18	Do as many push-ups as you can.
	19	Pass and catch a frisbee. Can you catch it with just 1 hand?
	20	Read a book while doing a wall sit.
	21	Take a walk.
	22	Your body likes to be clean. Take a bath or shower and brush your teeth.
	23	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	24	August is Family Fun Month! Be active together.
	25	Do any workout you want!
	26	Play a game of Monkey in the Middle. Take turns as the "monkey."
	27	Say your math facts while doing reverse lunges.
	28	Take a walk.
	29	Your body needs to move. Remember to get 60 minutes of activity today.
	30	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	31	August is Family Fun Month! Be active together.

**Please Remember**

- ✓ Always get adult permission before doing any activity.
- ✓ Return this calendar to your teacher at the end of the month.