

# MAY

## DEAM Calendar

Drop Everything And Move

**MAY the 4<sup>th</sup>**  
be with you

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   | Take a walk.   |
|        | 2   | A kiwi has ~60mg of vitamin C. Do 60 air punches.                                    |
|        | 3   | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.               |
|        | 4   | Family Fun: Play your favorite physical education activity with your family.         |
|        | 5   | Do scissor jumps and cut at 50!  |
|        | 6   | Juggle a ball with your feet for 5 minutes.  |
|        | 7   | Perform jumping jacks while naming words that start with "M."                        |
|        | 8   | Take a walk.   |
|        | 9   | 1 cup of broccoli has ~60mg of calcium. Do 60 air kicks.                             |
|        | 10  | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.               |
|        | 11  | Family Fun: Go to the park together.   |
|        | 12  | Do 20 mountain climbers. How many sets of 20 can you do in 5 minutes?                |
|        | 13  | Spend 5 minutes tossing and catching a ball.   |
|        | 14  | Balance on one foot while someone calls out math problems for you to answer.         |
|        | 15  | Take a walk.   |
|        | 16  | Beans have ~500mg of potassium. Jog in place as you count to 500.                    |
|        | 17  | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.               |
|        | 18  | Family Fun: Take turns selecting an exercise to do together.                         |
|        | 19  | Make the shape of the 19 <sup>th</sup> letter of the alphabet, then do 19 ski jumps. |
|        | 20  | Spend 5 minutes volleying a balloon in the air.                                      |
|        | 21  | Hold in push-up position while naming all the cities that you can think of.          |
|        | 22  | Take a walk.   |
|        | 23  | Half a cup of blueberries has ~40 IUs of Vitamin A. Do 40 jumping jacks.             |
|        | 24  | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.               |
|        | 25  | Family Fun: Build an obstacle course together.                                       |
|        | 26  | Hop on one foot 5 times then hop 5 times on other foot. Same pattern to 30!          |
|        | 27  | Pick any sports skill and practice it for 5 minutes!                                 |
|        | 28  | Name as many muscles in the body as you can while jumping in place.                  |
|        | 29  | Take a walk.   |
|        | 30  | A serving of spinach has ~20mg of magnesium. Take 20 giant steps.                    |
|        | 31  | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.               |

- Remember**
- Get adult permission before doing activities.
  - Return this calendar to your teacher if you can.