

DECEMBER

DEAM Calendar

DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2 style="color: green; font-family: cursive;">Happy Holidays!</h2>						1 _____ Move during TV commercials. No TV?... then move 5 minutes each hour.
2 _____ Do as many curl-ups as you can.	3 _____ Do 10 burpees and 10 sit-ups.	4 _____ Say your math facts while doing reverse lunges.	5 _____ Take a walk.	6 _____ Think: I will be the best I can be! Live this motto all day!	7 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	8 _____ Move during TV commercials. No TV?... then move 5 minutes each hour.
9 _____ Do as many trunk-lifts as you can.	10 _____ Do 20 jumping jacks and 20 plank jacks.	11 _____ Do push-up shoulder taps while reciting your spelling words.	12 _____ Take a walk.	13 _____ Think: I can do hard things! Live this motto all day!	14 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	15 _____ Move during TV commercials. No TV?... then move 5 minutes each hour.
16 _____ Do as many squats as you can.	17 _____ Do 30 mountain climbers and 30 bicycle crunches.	18 _____ Perform squat-jumps while naming the continents.	19 _____ Take a walk.	20 _____ Think: I will train my brain (and body)! Live this motto all day!	21 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	22 _____ Move during TV commercials. No TV?... then move 5 minutes each hour.
23/30 _____ Do as many push-ups as you can.	24/31 _____ Crab walk and hold a plank for count to 40.	25 _____ Read a book while doing a wall sit.	26 _____ Take a walk.	27 _____ Think: I love to challenge myself! Live this motto all day!	28 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	29 _____ Move during TV commercials. No TV?... then move 5 minutes each hour.

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).