

# NOVEMBER

## DEAM Calendar

*DROP EVERYTHING AND MOVE*

Name \_\_\_\_\_

Teacher \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 _____ Check the Total Carbs on any food label. Do that # mountain climbers.	2 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	3 _____ Rake leaves. No leaves... do something outside.
4 _____ Do as many curl-ups as you can.	5 _____ Use an invisible jump rope to practice some tricks.	6 _____ Say your math facts while doing reverse lunges.	7 _____ Take a walk.	8 _____ Check how many calories are in a piece of candy. Flap your arms that #.	9 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	10 _____ Play with a friend.
11 _____ Do as many trunk-lifts as you can.	12 _____ Using an invisible jump rope, practice ten "double unders."	13 _____ Do push-up shoulder taps while reciting your spelling words.	14 _____ Take a walk.	15 _____ Check how much salt is in ketchup. Side-slide in place that #.	16 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	17 _____ Play your favorite tag game with your family.
18 _____ Do as many squats as you can.	19 _____ Using an invisible jump rope, do 20 "straddle jumps."	20 _____ Perform squat-jumps while naming the continents.	21 _____ Take a walk.	22 _____ Happy Thanksgiving! Try something new at dinner!	23 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	24 _____ Ask your parents what you can do to help out!
25 _____ Do as many push-ups as you can.	26 _____ Using an invisible jump rope, practice twenty "ski jumps."	27 _____ Read a book while doing a wall sit.	28 _____ Take a walk.	29 _____ Check how much fat is in your favorite salad dressing. Do that # of plank jacks.	30 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	

### 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).*