

# OCTOBER DEAM Calendar

Drop Everything And Move

Take care of yourself  
so you are ready to  
**help others.**

Name:

Teacher:

**Purpose:**

*This calendar encourages families to become more physically active and to 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 make a check mark and initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" in the space provided for a check mark (do not initial).*

✓ Done	Day	DEAM Activity
	1	How many different ways can you find to balance?
	2	Name as many states as you can while doing jumping jacks.
	3	Take a walk.
	4	Soda has zero protein and zero fiber. Commit to drinking zero cans this month.
	5	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	6	Bag Game: 1 v 1 Tag—play against someone else.
	7	Do as many curl-ups as you can.
	8	How many different ways can you safely roll?
	9	Say your math facts while doing reverse lunges.
	10	Take a walk.
	11	1 can of Mountain Dew has 46g of sugar. Do 46 mountain climbers.
	12	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	13	Bag Game: Team Bag Tag... play with a group; everyone is "it."
	14	Do as many trunk lifts as you can.
	15	How many ways can you transfer your weight over an imaginary line?
	16	Do push-up shoulder taps while reciting your spelling words.
	17	Take a walk.
	18	1 can of Dr. Pepper has 55 mg of sodium. Hop on each foot 55 times.
	19	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	20	Bag Game: Bag Juggle... toss and catch 2, 3, or 4 bags.
	21	Do as many squats as you can.
	22	How many ways can you bend, twist, and turn your body?
	23	Perform squat jumps while naming the continents.
	24	Take a walk.
	25	1 can of Pepsi has 150 calories. Run in place as you count to 150!
	26	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	27	Bag Game: Ball Bag... Make a bag into a ball. Make a circle and toss 1 bag around to everyone. Next, add more bags.
	28	Do as many push-ups as you can.
	29	Practice jumping and landing safely.
	30	Read a book while doing a wall sit.
	31	Take a walk.

**Please Remember**

- ✓ Always get adult permission before doing any activity.
- ✓ Return calendar to your teacher at the end of the month.
- ✓ Use any plastic grocery bag for Saturday "Bag Games."

