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| Name: | Teacher: |

***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).*

***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).*

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| * 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.”