



DEAM

Drop Everything And Move

CLASSROOM INTEGRATED MOVEMENT

JANUARY

<i>Mixed-Up</i> MONDAY	Touch your right ear with your left thumb. Touch your nose with your right index finger. When teacher says "GO" switch your right thumb to left ear and left index finger to nose.
<i>Two-For</i> TUESDAY	Hold a plank for 30 seconds or perform 20 shoulder taps.
<i>Warm-Up</i> WEDNESDAY	Touch your toes, then your knees, and finally your shoulders. Repeat 20 times.
<i>Think-It</i> THURSDAY	Find a partner. Partner-1 tells Partner-2 his/her goals for the new year while Partner-2 runs in place. Time each turn for 45 seconds and then switch roles.
<i>Fitness-Fun</i> FRIDAY	Jump an invisible jump rope in place for 1 minute.