

# JUNE DEAM Calendar

Drop Everything And Move

**JUMP IN**  
with both feet

Name:	Teacher:
-------	----------

**Purpose:**

*This calendar encourages families to become more physically active and 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 place their initials and a check mark in the space provided. You are allowed to miss one day (activity) each week. If you do, place an "X" in the space instead of a check mark (do not initial).*

✓ Done	Day	DEAM Activity
	1	Enjoy the great outdoors!
	2	Do as many curl-ups as you can.
	3	Use sidewalk chalk to make a hopscotch board.
	4	Call out words that rhyme with "pop" while you hop in place.
	5	Take a walk.
	6	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
	7	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	8	It's National Gardening Week. Plant something!
	9	Do as many trunk-lifts as you can.
	10	Use sidewalk chalk to make a 2-square game and challenge a friend.
	11	Do push-up shoulder taps while someone calls out words for you to spell.
	12	Take a walk.
	13	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
	14	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	15	Go on a hike!
	16	Do as many squats as you can.
	17	Use sidewalk chalk to draw a maze and challenge an adult.
	18	Perform squat-jumps while naming bones in the body.
	19	Take a walk.
	20	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
	21	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	22	Lightning Safety Week: Play outside if it is SAFE!
	23	Do as many push-ups as you can.
	24	Use sidewalk chalk to invent a game! Play the game with a neighbor.
	25	Read a book while doing a wall sit.
	26	Take a walk.
	27	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
	28	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	29	Help someone with their chores!
	30	Do as many star-jumps as you can.

**Please Remember**

- ✓ Always get adult permission before doing any activity.
- ✓ Return this calendar to your teacher at the end of the month.