

# MARCH

## DEAM Calendar Drop Everything And Move

**BE GOOD**  
by being helpful

Name:	Teacher:
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**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, adults make a check mark and initial in the space provided. Each week, you can 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	Pick 5 different upper body muscles to stretch. Hold each stretch for 20 seconds. <a href="https://www.youtube.com/watch?v=9xng62RWa_k">https://www.youtube.com/watch?v=9xng62RWa_k</a>
	2	Do a running challenge with a friend.
	3	Do as many push-ups as you can.
	4	March Madness: Take 64 imaginary jump shots.
	5	Say your math facts while doing lunges.
	6	Take a 20 min walk at a fast pace.
	7	Kids should be active sixty minutes EVERY day! Do 60 jumping jacks.
	8	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. <a href="https://youtu.be/dKa2LHYcln4">https://youtu.be/dKa2LHYcln4</a>
	9	Play a game that is active. You decide what that is. <a href="https://www.youtube.com/watch?v=I91Ox3acemQ">https://www.youtube.com/watch?v=I91Ox3acemQ</a>
	10	Do as many sit-ups as you can.
	11	Take 32 imaginary dunks and 16 cross-over dribbles.
	12	Do push-up shoulder taps or jumping jacks while reciting your spelling words.
	13	Take a walk. Do some fast walking for 30 seconds then slow walking for 10 for 20 min.
	14	Run in place and name 3 reasons why you will never smoke or use tobacco.
	15	Pick 5 different lower body muscles to stretch. Hold each stretch for 20 seconds.
	16	Take a 20 min hike try and walk some hilly roads
	17	Do 10 squats, 5 push ups or 10 wall push ups, 15 sit ups. Repeat this 3 times
	18	Take 8 pretend chest passes and 4 imaginary foul shots.
	19	Perform squat-jumps while naming the continents.
	20	Take a 25 min walk at Nahant beach. Walk from Dunkin Donuts to the bathrooms.
	21	How many food groups are there? Do 5 plank-jacks. (Plank followed by a jumping jack) <a href="https://www.youtube.com/watch?v=Paidh0xw-y4">https://www.youtube.com/watch?v=Paidh0xw-y4</a>
	22	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	23	Play soccer outside.
	24	Do as many push-ups as you can.
	25	Take 2 laps around a pretend court. <a href="https://youtu.be/LIBz0ldOFiQ">https://youtu.be/LIBz0ldOFiQ</a>
	26	Read a book while doing a wall sit.
	27	Take a 30 min walk.



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	28	About how many glasses of water should you drink each day? Do 8 burpees.
	29	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	30	Go to the park! Play basketball with a friend of family member Or play Freeze Tag
	31	Do as many jumping jacks as you can. Challenge a family member!

<https://www.cosmickids.com>

<https://www.gonoodle.com>

Just Dance on Wii, YouTube, or PlayStation 4

Wii Fit

Zoomba on Nintendo Switch

### **Please Remember**

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