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| 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).*

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| * 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.