



Drop Everything & Move Calendar

DROP EVERYTHING AND MOVE

January 2027



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

VISIT FRESH'S
WEBSITE FOR
MORE [CALMING](#)
& [REFOCUSING](#)
& [BRAIN BOOST](#)
ACTIVITIES

3



4



5

15
[Woodchoppers](#)
on each side

6

7
Learn & Play
the game
[Alaska](#)

7



1

8
Student
Choice!
[Pick a Gift](#)

8

2

9

10

11
60 Seconds of
[Scissor Crosses](#)

11

12
Would you
Rather:
[Cold Climate](#)
[Animals](#)

12

13
Practice
[Breathing](#)
[Ball](#)

13

14
[Snowman Yoga!](#)

14

15
25
[Star Jumps](#)

15

16

17



18

19
60 Seconds of
[Sprinkler Dance](#)

19

20
20
[Front Kick](#)
[Toe Touches](#)

20

21
Practice
[Thumb Pinky](#)
[Switch](#)

21

22
Play [Yoga](#)
[Freeze Dance](#)

22

23

24

31

25
Practice Gentle
Stretching using
[this video](#)

25

26
45 Seconds of
[Ski Hops](#)

26

27
30
[Windmill Toe](#)
[Touches](#)

27

28
Play
[This or That:](#)
[Winter Edition](#)

28

29
Play a Game
of [Red Light,](#)
[Green Light](#)

29

30