



Drop Everything & Move Calendar

DROP EVERYTHING AND MOVE

June 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Practice Rainbow Breathing	2 Minecraft Diamond Run	3 School's Out Freeze Dance	4 60 Seconds of Sprinkler Dance	5 Play the Stitch Shuffle	6 Learn & Play Rock, Paper, Scissors vs. Computer
7 60 seconds of Bicycle Crunches	8 Play a Game of Picture Fitness using this video	9 Do 15 Woodchoppers on each side	10 Learn and Practice Touchdown Stretch	11 25 Donkey Kicks	12 Kids Choice! Pick a Fit4Kids Summer Brain Break	13 Grab a jump rope and try these activities
14 Under the Sea Yoga	15 2 Minutes of Flutter Kicks	16 Learn & Play the game Alaska	17 Would you Rather Summer Reading Edition	18 50 Punch Downs	19 Play Tic Tac Toe Brain Boost Game	20 Count to 50 while doing Side to Side Hops
21 Practice Trapezius Squeezes	22 The Floor is Lava Dance	23 Use chalk to move & practice math skills!	24 How Long Can you do Square Crab Walks?	25 Would you Rather Ice Cream Edition	26 Learn to Play 1-2-3 Show	27 Kids Choice! Pick a Fit4Kids Summer Brain Break
28 Learn 5,4,3,2,1 Calming & Refocusing Activity	29 Play the Mandela Effect Game	30 60 Seconds of Scissor Crosses				