Drop Everything & Move Calendar

DROP EVERYTHING AND MOVE

May 2027

fresh MOVES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Count to 100 while doing Jumping Jacks	4 30 Standing Calf Raises	5 Rock and Roll Brain Break	6 25 Squat Jumps	7 Student Choice! Pick a Fit4Kids Summer Brain Break	8
9	10 Practice Thumb Pinky Switch	11 25 Shoulder Taps	12 Brain Break Inside Out Emotions Game	13 Freeze Dance	14 This or That Video Game Brain Break	15
16	17 Practice Breathing Ball	18 2 minutes of Side Step Jacks	19 Do the Squat Challenge using this video	20 25 Sky Reach Kickbacks	21 Practice Pretzel Arms	22
23 30	24 Spin the Wheel!	25 Would You Rather: Summer Edition	26 2 minutes of Standing Mountain Climbers	27 Student Choice! Pick a Fit4Kids Summer Brain Break	28 Yoga Vacation to Hawaii	29
	31 CLOSED					