



Drop Everything
& Move Calendar

DROP EVERYTHING AND MOVE

April 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 25 One Foot Hops on each foot	2 Choose a Fit4Kids' Spring Break Moves activity	3 30 Side Lunges (15 each side)	4 Brain Break: Run in Place, What's the Pace?	5
6	7 Choose a Fit4Kids' Spring Break Moves activity	8 Learn & Practice Squeezes	9 30 Bow Extensions	10 Spring Break Would you Rather Game	11 Count to 100 while doing Pretend Swim Strokes	12
13	14 	15 	16 	17 	18 	19
20	21 	22 Learn & Practice Square Breathing	23 Practice 2-minute Chair Exercises	24 Count to 50 while doing Side to Side Hops	25 Choose a Fit4Kids' Spring Break Moves activity	26
27	28 Seated Leg Extensions (25 each leg)	29 Animal Yoga Exercises	30 Practice Lazy 8's with feet & fingers			