



Drop Everything
& Move Calendar

DROP EVERYTHING AND MOVE

October 2026



SUN	MON	TUE	WED	THU	FRI	SAT
Visit FRESH's Website for more Calming & Refocusing & Brain Boost Activities				1 40 Overhead Presses	2 Do the Squat Challenge using this video	3
4	5 25 Shoulder Shrugs	6 30 Side Lunges (15 each side)	7 60 Seconds of Rainbow Breathing	8 Student Choice! Pick a Gif	9 Dance Along to Kidz Bop Ghostbusters	10
11	12 	13 60 Seconds of Duck Walks	14 Practice Tree Pose on each leg	15 25 Sky Reach Kickbacks	16 Play Tic Tac Toe Brain Boost Game	17
18	19 Practice Seated Pigeon	20 20 Squats	21 Play a Game of Picture Fitness using this video	22 45 Seconds of Ski Hops	23 Pick an activity from Fit4Kids Halloween Brain Boosters	24
25	26 Spin the Wheel!	27 60 Seconds of Gorilla Walks	28 Monster Mash Freeze Dance	29 Would You Rather Halloween Edition	30 15 Crab Kicks	31