Drop Everything & Move Calendar

DROP EVERYTHING AND MOVE

April 2027

fresh MOVES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 CLOSED	2 CLOSED	3
4	5 Choose a Fit4Kids' Spring Break Moves activity	6 Practice Trapezius Squeezes	7 60 Seconds of Front Back Jumps	8 Spin the Wheel!	9 Learn and Practice the Balance Challenge	10
11	12 This or That Sports Edition	13 Learn & Practice Squeezes	14 Practice Calf Raises	15 Brain Break: Run in Place, What's the Pace?	16 Count to 100 while doing Pretend Swim Strokes	17
18	19 Practice 2-minute Chair Exercises	20 Learn & Practice Square Breathing	21 CLOSED	22 Count to 50 while doing Side to Side Hops	23 30 Side Lunges (15 each side)	24
25	26 Seated Leg Extensions (25 each leg)	27 Animal Yoga Exercises	28 Practice Lazy 8's with feet & fingers	29 60 Seconds of Scissor Crosses	30 25 Windmill Toe Touches	