



Drop Everything
& Move Calendar

DROP EVERYTHING AND MOVE

April 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Choose a Fit4Kids' Spring Break Moves activity 1	Spring Break Would you Rather Game 2	Spin the Wheel! 3	4
5	 6	 7	 8	 9	 10	11
12	Choose a Fit4Kids' Spring Break Moves activity 13	Learn & Practice Squeezes 14	15 Bow Extensions	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	 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		