



Drop Everything
& Move Calendar

DROP EVERYTHING AND MOVE

May 2026



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