



Drop Everything
& Move Calendar

DROP EVERYTHING AND MOVE

December 2025



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Flutter Kicks while Skip Counting	2 Choose a December Brain Boost from Fit4Kids	3 Practice Lazy 8's with your feet & fingers	4 50 Chair Squats	5 Practice Seated Pigeon	6
7	8 2-Minutes of Bicycle Crunches	9 Learn & Play Rock, Paper, Scissors vs. Computer	10 2 Minutes of Leg-Arm Marches	11 Play Yoga Yeti Brain Booster	12 Spin the Wheel!	13
14	15 Grab a deck of cards and play Card Sharks	16 Student Choice! December Brain Boost from Fit4Kids	17 Learn 5,4,3,2,1 Calming & Refocusing Activity	18 Gingerbread Man Freeze Dance	19 The Grinch Heart Workout	20
21	22 	23 	24 	25 	26 	27
28	29 	30 	31 			VISIT FRESH'S WEBSITE FOR MORE CALMING & REFOCUSING & BRAIN BOOST ACTIVITIES