



Drop Everything  
& Move Calendar

# DROP EVERYTHING AND MOVE

## May 2026



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