Drop Everything & Move Calendar

DROP EVERYTHING AND MOVE

February 2027

fresh MOVES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
VISIT FRESH'S WEBSITE FOR MORE CALMING & REFOCUSING & BRAIN BOOST ACTIVITIES	1 Flutter Kicks while Skip Counting	2 35 Elbow to Knees Taps	3 	4 Choose an Activity from Fit4Kids' Wellness Bingo	5 Learn and Practice Touchdown Stretch	6
7	8 Valentines Movement Challenge	9 Choose a Valentines Brain Boost from Fit4Kids	10 Valentines Would you Rather	11 Valentines Day Yoga	12 Choose a Valentines Brain Boost from Fit4Kids	13
14	15 	16 Practice Seated Pigeon	17 Practice Rainbow Breathing	18 50 Chair Squats	19 60 Seconds of Gorilla Walks	20
21	22 Practice Tree Pose on each leg	23 Choose an Activity from Fit4Kids' Wellness Bingo	24 45 Seconds of Ski Hops	25 See how long you can hold Plank Pose	26 Play a Game of Picture Fitness using this video	27
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