



Drop Everything
& Move Calendar

DROP EVERYTHING AND MOVE

August 2025



SUN	MON	TUE	WED	THU	FRI	SAT
VISIT FRESH'S WEBSITE FOR MORE CALMING & REFOCUSING & BRAIN BOOST ACTIVITIES					1	2
3	4	5	6	7	8	9
10	11	12	13 <i>FIRST DAY OF Class</i>	14	15	16
17	18 25 Elbow to Knees Taps	19 60 Seconds of Leg-Arm Marches	20 50 Overhead Presses	21 30 Standing Calf Raises	22 Practice Seated Pigeon	23
24	25 25 Punch Downs	26 60 Seconds of Pretend Swim Stroke	27 Learn & Play Rock, Paper, Scissors vs. Computer	28 Practice Touchdown Stretch	29 	30