



Drop Everything
& Move Calendar

DROP EVERYTHING AND MOVE

September 2026



SUN	MON	TUE	WED	THU	FRI	SAT
		1 40 Air Punches	2 60 Seconds of Gorilla Walks	3 3 rounds of 10 Seated Calf Raises	4  CLOSED	5
6	7 50 Jumping Jacks	8 60 Seconds of Sprinkler Dance	9 ‘Would you Rather’ Movement Video	10 35 Step & Pulls	11 Kids Choice! Pick a Fit4Kids Summer Brain Break	12
13	14 Practice Pretzel Arms	15 15 Wood Choppers on each side	16 Play a Game of Picture Fitness using this video	17 25 Windmill Toe Touches	18 45 Seconds of Ski Hops	19
20	21 30 Seconds of 3-Way-Leg-Lift for each leg	22  CLOSED	23 25 One Foot Hops on each foot	24 Student Choice! Pick a Gif	25 ‘The DJ Says’ Movement Video	26
27	28 Spin the Wheel!	29 Practice Lazy 8's	30 Practice Rainbow Breathing			VISIT FRESH'S WEBSITE FOR MORE CALMING & REFOCUSING & BRAIN BOOST ACTIVITIES