Drop Everything & Move Calendar

DROP EVERYTHING AND MOVE

December 2026

fresh MOVES

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