



Drop Everything
& Move Calendar

DROP EVERYTHING AND MOVE

BRAIN BOOST STRATEGIES

LESSON PLAN

Purpose

Brain Boost activities are short bursts of movement meant to energize the body and brain. It refreshes our thinking and helps us discover another solution to a problem or see a situation through a different lens. Teachers need less than 5 minutes for these exercises to make an impact on learning.

Materials

- Drop Everything and Move Instructional Video for Teachers: [Elementary](#), [Middle](#), [High](#)
- Print or digital version of the DEAM Calendar

Procedure:

- Students stand with adequate space around them for movement
- Complete the exercise associated with the current calendar day

Modifications: *Students can*

- Complete an activity seated or standing
- Increase or decrease the number of repetitions or time of exercise
- Repeat the exercise several times throughout the day



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1 15 LEG CIRCLES EACH SIDE	2 30 SECOND JUMP ROPE	3 15 ONE-FOOT HOPS EACH SIDE	4 20 SECOND SHOULDER SHRUGS	5 TAKE A WALK	6 25 FRONT - KICK TOE TOUCHES	7 30 HIGH KNEES CROSS TAPS
8 25 STANDING OVERHEAD PRESSES	9 25 HIGH KNEES	10 20 SECOND SWIM & LEG CIRCLES EACH SIDE	11 TEACHER CHOICE	12 45 SECOND PUNCH DOWNS	13 20 CHAIR TAPS	14 15 ARM CIRCLES EACH DIRECTION
15 15 SEATED LEG EXTENSIONS	16 1 MINUTE SKY REACH KICK BACKS	17 PICK YOUR OWN EXERCISE	18 20 SIDE JACKS EACH SIDE	19 45 SECOND FRONT- BACK HOPS	20 1 MINUTE LONG ARM MARCH	21 30 SECOND SQUARE CRAB WALK
22 CLASS Choice	23 1 MINUTE SCISSOR CROSS	24 30 SECOND STANDING MOUNTAIN CLIMBERS	25 25 JUMPING JACKS	26 25 PULL & STEPS EACH SIDE	27 TAKE A WALK	28 10 SIDE LUNGES EACH LEG
29 45 SECOND JUMP ROPE	30 20 SIDE BENDS EACH SIDE	31 15 WOOD CHOPS EACH SIDE				



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1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



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