



Drop Everything
& Move Calendar

DROP EVERYTHING AND MOVE

January 2026



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

VISIT FRESH'S
WEBSITE FOR
MORE [CALMING](#)
& [REFOCUSING](#)
& [BRAIN BOOST](#)
ACTIVITIES

1

2

3



4

5



6

35
[Elbow to Knees](#)
Taps

7

15
[Woodchoppers](#)
on each side

8

Learn & Play
the game
[Alaska](#)

9

Student
Choice!
[Pick a Gift](#)

10

11

12

60 Seconds of
[Scissor Crosses](#)

13

Would you
Rather:
[Cold Climate](#)
[Animals](#)

14

Practice
[Breathing](#)
[Ball](#)

15

[Snowman Yoga!](#)

16

25
[Star Jumps](#)

17

18

19



20

60 Seconds of
[Sprinkler Dance](#)

21

20
[Front Kick](#)
[Toe Touches](#)

22

Practice
[Thumb Pinky](#)
[Switch](#)

23

Play [Yoga](#)
[Freeze Dance](#)

24

25

26

Practice Gentle
Stretching using
[this video](#)

27

45 Seconds of
[Ski Hops](#)

28

30
[Windmill Toe](#)
[Touches](#)

29

Play
[This or That:](#)
[Winter Edition](#)

30

Play a Game
of [Red Light,](#)
[Green Light](#)

31