



Drop Everything & Move Calendar

DROP EVERYTHING AND MOVE

July 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Kids Choice! ¹ Pick a Fit4Kids Summer Brain Break	Learn & Practice ² Square Breathing	Grab a deck of ³ cards and practice math skills!	⁴ Brain Break: Sports Memes
⁵ Practice Thumb Pinky Switch	⁶ Brain Break: Minute to Win It	⁷ 60 Seconds of Pretend Swim Stroke	⁸ Kids' Choice! Pick a Gif	⁹ 25 Modified Push Ups	¹⁰ Kids Choice! Pick a Fit4Kids Summer Brain Break	¹¹ Do 15 Woodchoppers on each side
¹² Grab a deck of cards and play Card Sharks	¹³ 2 sets of 25 Scissor Crosses	¹⁴ Stitch Yoga	¹⁵ 60 Seconds of Mountain Climbers	¹⁶ Summer Would you Rather	¹⁷ Practice Pretzel Arms	¹⁸ 25 Windmill Toe Touches
¹⁹ Beach Adventure Yoga	²⁰ 60 Seconds Duck Walk	²¹ Practice Lazy 8's with your feet & fingers	²² See how long you can hold Plank Pose	²³ Use bubbles to move & practice math skills!	²⁴ 35 Crab Kicks	²⁵ Play the game Alaska
²⁶ Practice Seated Pigeon	²⁷ Do the Squat Challenge using this video	²⁸ Spin the Wheel!	²⁹ Never Have I Ever Exercise Game	³⁰ Minecraft Yoga	³¹ 45 Seconds of Ski Hops	