



Drop Everything
& Move Calendar

DROP EVERYTHING AND MOVE

September 2025



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