



Drop Everything
& Move Calendar

DROP EVERYTHING AND MOVE

February 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>VISIT FRESH'S WEBSITE FOR MORE CALMING & REFOCUSING & BRAIN BOOST ACTIVITIES</p>						
1	2 60 Seconds of Gorilla Walks	3 Choose an Activity from Fit4Kids' Wellness Bingo	4 	5 Practice Seated Pigeon	6 Learn and Practice Touchdown Stretch	7
8	9 Valentines Movement Challenge	10 Valentines Day Yoga	11 Practice Rainbow Breathing	12 Valentines Would you Rather	13 Choose a Valentines Brain Boost from Fit4Kids	14
15	16 	17 Choose an Activity from Fit4Kids' Wellness Bingo	18 45 Seconds of Ski Hops	19 See how long you can hold Plank Pose	20 Play a Game of Picture Fitness using this video	21
22	23 Do 15 Inchworms	24 Spin the Wheel!	25 Practice Tree Pose on each leg	26 50 Chair Squats	27 Choose a Valentines Brain Boost from Fit4Kids	28