



Drop Everything
& Move Calendar

DROP EVERYTHING AND MOVE

April 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Choose a Fit4Kids' Spring Break Moves activity	2 Spring Break Would you Rather Game	3 Spin the Wheel!	4
5	6  CLOSED	7  CLOSED	8  CLOSED	9  CLOSED	10  CLOSED	11
12	13 Choose a Fit4Kids' Spring Break Moves activity	14 Learn & Practice Squeezes	15 Bow Extensions	16 Brain Break: Run in Place, What's the Pace?	17 Count to 100 while doing Pretend Swim Strokes	18
19	20 Practice 2-minute Chair Exercises	21 Learn & Practice Square Breathing	22  CLOSED	23 Count to 50 while doing Side to Side Hops	24 30 Side Lunges (15 each side)	25
26	27 Seated Leg Extensions (25 each leg)	28 Animal Yoga Exercises	29 Practice Lazy 8's with feet & fingers	30 60 Seconds of Scissor Crosses		