

DROP EVERYTHING AND MOVE

June 2027

fresh MOVES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Minecraft Diamond Run	2 School's Out Freeze Dance	3 60 Seconds of Sprinkler Dance	4 Play the Stitch Shuffle	5 Learn & Play Rock, Paper, Scissors vs. Computer
6 60 seconds of Bicycle Crunches	7 Play a Game of Picture Fitness using this video	8 Do 15 Woodchoppers on each side	9 Learn and Practice Touchdown Stretch	10 25 Donkey Kicks	11 Kids Choice! Pick a Fit4Kids Summer Brain Break	12 Grab a jump rope and try these activities
13 Under the Sea Yoga	14 2 Minutes of Flutter Kicks	15 Learn & Play the game Alaska	16 Would you Rather Summer Reading Edition	17 50 Punch Downs	18 Play Tic Tac Toe Brain Boost Game	19 Count to 50 while doing Side to Side Hops
20 Practice Trapezius Squeezes	21 The Floor is Lava Dance	22 Use chalk to move & practice math skills!	23 How Long Can you do Square Crab Walks?	24 Would you Rather Ice Cream Edition	25 Learn to Play 1-2-3 Show	26 Kids Choice! Pick a Fit4Kids Summer Brain Break
27 Learn 5,4,3,2,1 Calming & Refocusing Activity	28 Play the Mandela Effect Game	29 60 Seconds of Scissor Crosses	30 Practice Rainbow Breathing			