Drop Everything & Move Calendar

DROP EVERYTHING AND MOVE

January 2027

fresh MOVES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
VISIT FRESH'S WEBSITE FOR MORE CALMING & REFOCUSING & BRAIN BOOST ACTIVITIES					1 CLOSED	2
3	4 CLOSED	5 CLOSED	6 **15** Woodchoppers on each side	7 **Learn & Play the game** Alaska	8 **Student Choice!** Pick a Gif	9
10	11 **60 Seconds of** Scissor Crosses	12 **Would you Rather:** Cold Climate Animals	13 **Practice** Breathing Ball	14 Snowman Yoga!	15 **25** Star Jumps	16
17	18 CLOSED	19 **60 Seconds of** Sprinkler Dance	20 **20** Front Kick Toe Touches	21 **Practice** Thumb Pinky Switch	22 **Play** Yoga Freeze Dance	23
24 / 31	25 **Practice Gentle Stretching using** this video	26 **45 Seconds of** Ski Hops	27 **30** Windmill Toe Touches	28 **Play** This or That: Winter Edition	29 **Play a Game of** Red Light, Green Light	30