



Drop Everything
& Move Calendar

DROP EVERYTHING AND MOVE

BRAIN BOOT STRATEGIES

CLASSROOM APPLICATION

"The students enjoyed the activities and would remind the teacher if it was time for a brain boost strategy. Students were so engaged that they wanted to know at the end of the day what the activity would be for the next day."

- Print or use digital version of DEAM Calendar, or create a fill in DEAM poster using the template provided in the lesson.
- Adjust the number of suggested reps to meet your students' needs.
- Copy/laminate and place at table groups (or with individual student) so they can mark them off and choose rather than going only by the dates as listed.
- Make it into a game. Have different students pick numbers from 1-10 or 1-31 and do that activity.



VIRGINIA
Chief Movement Officer


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