






Drop Everything
& Move Calendar

DROP EVERYTHING AND MOVE

January 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
VISIT FRESH'S WEBSITE FOR MORE CALMING & REFOCUSING & BRAIN BOOST ACTIVITIES			1	2 	3 	4
5	6 Practice Pretzel Arms	7 35 Elbow to Knees Taps	8 15 Woodchoppers on each side	9 Learn & Play the game Alaska	10 Student Choice! Pick a Gif	11
12	13 60 Seconds of Scissor Crosses	14 Would you Rather: Cold Climate Animals	15 Practice Breathing Ball	16 Snowman Yoga!	17 25 Star Jumps	18
19	20 	21 60 Seconds of Sprinkler Dance	22 20 Front Kick Toe Touches	23 Practice Thumb Pinky Switch	24 Play Yoga Freeze Dance	25
26	27 Practice Gentle Stretching using this video	28 45 Seconds of Ski Hops	29 30 Windmill Toe Touches	30 Play This or That: Winter Edition	31 Play a Game of Red Light, Green Light	