










Drop Everything
& Move Calendar

DROP EVERYTHING AND MOVE

December 2024



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Flutter Kicks while Skip Counting	3 Choose a December Brain Boost from Fit4Kids	4 Practice Lazy 8's with your feet & fingers	5 50 Chair Squats	6 Practice Seated Pigeon	7
8	9 2-Minutes of Bicycle Crunches	10 Learn & Play Rock, Paper, Scissors vs. Computer	11 2 Minutes of Leg-Arm Marches	12 Play Yoga Yeti Brain Booster	13 Spin the Wheel!	14
15	16 Santa Claus Yoga	17 Student Choice! December Brain Boost from Fit4Kids	18 Learn 5,4,3,2,1 Calming & Refocusing Activity	19 Gingerbread Man Freeze Dance	20 The Grinch Heart Workout	21
22	23  CLOSED	24  CLOSED	25  CLOSED	26  CLOSED	27  CLOSED	28
29	30  CLOSED	31  CLOSED				VISIT FRESH'S WEBSITE FOR MORE CALMING & REFOCUSING & BRAIN BOOST ACTIVITIES