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| Name: | Teacher: |

***Purpose:***

*This encourages families to become more physically active and take steps toward a healthier lifestyle.* *Each day, students are asked to complete a different activity with a family member (or with adult supervision). Aim for at least 3 activities.*

***Directions:***

*After a student completes a day’s activity, an adult should place their initials and a check mark in the space provided. You are allowed to miss one day (activity) each week. If you do, place an “X” in the space instead of a check mark (do not initial).*

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| * Done
 | DEAM Activity |
|  | Enjoy the great outdoors! |
|  | Do as many sit-ups as you can. |
|  | Use sidewalk chalk to make a hopscotch board. |
|  | Call out words that rhyme with “pop” while you hop in place. |
|  | Take a walk. |
|  | June is Dairy Month. Enjoy a serving of dairy (or dairy alternative). |
|  | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | It’s National Gardening Week. Plant something! |
|  | Do your favorite dance. |
|  | Use sidewalk chalk to make a 2-square game and challenge a friend. |
|  | Do push-up shoulder taps while someone calls out words for you to spell. |
|  | Go on a hike! |
|  | Do as many squats as you can. |
|  | Use sidewalk chalk to draw a maze and challenge an adult. |
|  | Do as many push-ups as you can. |
|  | Use sidewalk chalk to invent a game! Play the game with a neighbor. |
|  | Read a book while doing a wall sit. |
|  | Help someone with their chores! |
|  | Do as many star-jumps as you can. |

**Please Remember**

* Always get adult permission before doing any activity.
* Fill out the form on Mrs.A’s website to let her know what you tried.