

At Home Choice Board

Hang this choice board near your safe physical activity space.

Choose an activity, get active, and have fun!

Brain & Body Warm-Ups	Purposeful Practice	Just for Fun (and health)
<p>30-Second Animal Jumps: We're going to use the Animal Alphabet Cards to play a jumping game.</p>	<p>Animal Charades: Stand inside your 6-foot bubble. The object of this game is to silently act like an animal so that your classmates can guess what it is.</p>	<p>Animal Dance Party: I'm going to use the Animal Alphabet Cards to pick animals that will come to our dance party.</p>
<p>Invisible Rock Garden: It's time to plant an invisible rock garden. When the music plays (use slow-tempo music), we will walk in our activity area and plant invisible rock seeds.</p>	<p>Invisible Rock Collector: WOW! Our invisible rock garden grew really fast! Now it's time to collect our rocks.</p>	<p>Invisible Rock Buster: Now that we've collected our invisible rocks, it's time to break them into invisible pebbles. To do that, take 1 invisible rock, place it inside your personal bubble, and jump on it 5 times.</p>
<p>BLANK SPACE Create Your Own Choice</p>	<p>BLANK SPACE Create Your Own Choice</p>	<p>BLANK SPACE Create Your Own Choice</p>