**At Home Choice Board**

Hang this choice board near your safe physical activity space.

Choose an activity, get active, and have fun!

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| **Brain & Body Warm-Ups** | **Purposeful Practice** | **Just for Fun (and health)** |
| **30-Second**  **Animal Jumps:**  We’re going to use the Animal Alphabet Cards to play a jumping game. | **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. | **Animal Dance Party:**  I’m going to use the Animal Alphabet Cards to pick animals that will come to our dance party. |
| **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. | **Invisible Rock Collector:**  WOW! Our invisible rock garden grew really fast! Now it’s time to collect our rocks. | **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. |
| BLANK SPACE  Create Your Own Choice | BLANK SPACE  Create Your Own Choice | BLANK SPACE  Create Your Own Choice |