**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)** |
| **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. | **InvisibleRock Collector:** WOW! Our invisible rock garden grew really fast! Now it’s time to collect our rocks. | **InvisibleRock 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 SPACECreate Your Own Choice | BLANK SPACECreate Your Own Choice | BLANK SPACECreate Your Own Choice |