**Do-It-Yourself**

**At Home Choice Board**

Create a choice board with activities that you enjoy.

Then, hang it near your safe physical activity space.

Choose an activity, get active, and have fun!

**Your Name:**

|  |  |  |
| --- | --- | --- |
| **Brain & Body Warm-Ups** | **Purposeful Practice** | **Just for Fun (and health)** |
| **Activity:**  **Quick Instructions:** | **Activity:**  **Quick Instructions:** | **Activity:**  **Quick Instructions:** |
| **Activity:**  **Quick Instructions:** | **Activity:**  **Quick Instructions:** | **Activity:**  **Quick Instructions:** |