

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: