**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)** |
| **Mirror Mirror**  Mirror the movements of the leader. | **Red Star Fish,**  **Blue Fish**  March in place. When music stops the leader calls a fish name. Red Star Fish: 10 star-jumps. Blue Fish: 5 tuck-jumps. | **Red Light,**  **Green Light**  Green Light: Move. Red Light: Freeze. 1 point for stopping immediately. |
| **Animal Acting**  Music plays: jog in place. Music stops: Safely act like an animal. | **Loopy Lap Stations**  Do stations when music plays. When music stops perform locomotor skill to next station. | **Laptastic**  Jog when the music plays. Strike a silly balance pose when the music stops. |
| **Elevator Game**  Listen to the elevator story and move down and up and squat position. | BLANK SPACE  Create Your Own Choice | **Body Shapes**  Balance on 1 foot and slow draw shapes in the air with the other foot. |