**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)** |
| **Balance & Breathe I:**Hold your hand out flat in front of you. Balance 1 cup in your palm. Take 5 equal breathes (inhale 4 count, exhale 4 count). As you breathe, focus on balancing the cup. | **Dynamic Warm-up:**A 6-minute dynamic warm-up routine following the Fitness Fun warm-up interval card. | **Nutrition Education Fortune Teller:** Learn about nutrition using fun Nutrition Fortune Tellers.Pick the number that matches the picture of a super food.Next, choose the name of the food on the inside of the fortune teller. Next, open the flap, read the fun fact and complete the activity. |
| **Balance & Breathe II:**Balance the cup on any body part. Slowly walk in a small circle while balancing the cup. While walking, practice equal breathing with 4-count inhales and exhales. | **Jump Rope Fitness:**A 6-minute jump rope fitness routine following the interval routine card. If you don’t have a jump rope, that’s okay. Perform invisible jump rope skills throughout this routine. |
| BLANK SPACECreate Your Own Choice | **Plank Fitness:** A 6-minute plank fitness routine following the interval routine card. If you’re having trouble holding full plank position for the entire routine, it’s okay to perform a modified or wall plank. |