**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. | **Jumping Jello:**Make a circle with a jump rope. It’s a big bowl of fruity Jello! Jump into the bowl and bounce 5 times before you jump out.Create new ways of jumping. Can you jump high and low, or Soft and quiet? | **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. | **Vegetable Letters:** Use your rope to make the first letter in the names of vegetables.Make a letter, then walk on the rope tracing the letter shape from bottom to top.Vegetable names: Carrot, Lettuce, Broccoli, Spinach. |
| BLANK SPACECreate Your Own Choice | **Know Where:**Make pathways (curved, zigzag, straight, or round).Walk on the pathway.Balance a Speed Stacks cup on a body part while you walk. |