

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)
<p>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.</p>	<p>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?</p>	<p>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.</p>
<p>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.</p>	<p>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.</p>	
<p>BLANK SPACE Create Your Own Choice</p>	<p>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.</p>	