

BALANCE & COORDINATION MENU ACTIVITY CARDS

BRAIN & BODY WARM-UP

High-5 Breathing

[\[YouTube\]](#)

We're going to practice High-5 Breathing as a way to keep our emotions and our heart rate balanced.

Hold out your hand like you're giving a high-5. With the pointer finger of your opposite hand, slowly trace up all of your fingers starting at the outside bottom of your pinkie or thumb.

As you trace up, inhale slowly. As you trace down, exhale slowly. Continue breathing and tracing all 5 fingers.



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BRAIN & BODY WARM-UP

Red Star Fish, Blue Fish

[\[YouTube\]](#)

The object is for students to complete the correct movement when a red star fish or blue fish is called.

Play music. When the music is on do jumping jacks. When music stops, teacher calls Red Star Fish or Blue Fish.

Red Star Fish = 10 star-jumps

Blue Fish = 5 tuck-jumps

Restart music and continue.



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BRAIN & BODY WARM-UP

Equal Breathing

[\[YouTube\]](#)

We're are going practice Equal Breathing as a way to keep our emotions and our heart rate balanced.

Sit or stand comfortably. Focus on breathing. As you take a deep breath into your lungs, count slowly to 5.

As you slowly let the air out with an exhale, slowly count to 5. Take 5 equal breaths with a 5-count inhale and a 5-count exhale.



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BRAIN & BODY WARM-UP

Foot Fire

[[Vimeo](#)]

We're jogging over a hot stove. When the temperature is low, we can jog in place slowly.

When the temperature gets warmer, we'll jog in place faster. When the temperature is on Foot Fire, we'll sprint in place as fast as we can.

The leader will call out the temperature (cooler, warmer, foot fire). The class will follow the leader's instructions.



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BRAIN & BODY WARM-UP

Mirror, Mirror

[[Vimeo](#)]

The teacher starts as the leader. All students mirror the teacher's movements.

Next, students work in pairs and face a partner (6'+ apart). One partner leads and the other mirrors. The leader makes safe movements. The mirror follows along.

NOTE: If playing via video meet, the teacher starts as the leader, the students mirror. Freeze the game and assign a student as the leader.



BALANCE & COORDINATION MENU ACTIVITY CARDS

PURPOSEFUL PRACTICE

Odd & Even Balance Rollers

[\[YouTube\]](#)

Use the game board to play by yourself or with a friend or family member.

The object is to move your game piece from start to finish.

Roll the die. If you land on an odd number balance on 1 body part. If you land on an even number balance on 2 body parts.

Continue rolling and moving your game piece from start to finish.



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PURPOSEFUL PRACTICE

Balloon Bop Level 1

[\[YouTube\]](#)

The goal is to keep the balloon in the air for as long as you can. You can only use your hands.

You can count the number of bops you get, or you can have someone time how long you can go before the balloon hits the ground.

If the balloon does hit the ground, pick it up and keep on practicing.

Practice for at least 5 minutes every day for 5 days. Have fun!!!



BALANCE & COORDINATION MENU ACTIVITY CARDS

PURPOSEFUL PRACTICE

Balance Pathway

[\[YouTube\]](#)

Use the game board to play by yourself or with a friend or family member.

The object is to move your game piece from start to finish.

Roll the die. Move and complete the challenge shown on the pathway stone.

Balance on the foot, hand, or combination shown for 10 seconds.

Celebrate with 10 jumping jacks before rolling again. Continue from start to finish.



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PURPOSEFUL PRACTICE

Balloon Bop Level 2

[\[YouTube\]](#)

The goal is to keep the balloon in the air for as long as you can. But this time, you can't use your hands.

You can only use your elbow, knee, head, and toes, but not your hands.

Count the number of bops you get, or you can have someone time you.

If the balloon does hit the ground, pick it up and keep on practicing.

Practice for at least 5 minutes every day for 5 days. Have fun!!!



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PURPOSEFUL PRACTICE

Balance Flow Challenge

[\[YouTube\]](#)

Use the game board to play by yourself or with a friend or family member.

The object is to move your game piece from start to finish.

Roll and move your game piece from start to finish. As you land on different Balance Squares, complete the balance pose and hold it for 15 seconds.

If you land on a Breathing Square, practice equal breathing for 3 deep breaths.



BALANCE & COORDINATION MENU ACTIVITY CARDS

PURPOSEFUL PRACTICE

Balloon Bop Level 3

[[YouTube](#)]

The goal is to keep the balloon in the air for as long as you can. This time, you can't use your hands, elbows, or any other body parts.

You can only use a plastic spatula or wooden spoon. *(Or any other safe paddle-type object that your family will allow.)*

Count the number of bops you get, or you can have someone time you.

If the balloon does hit the ground, pick it up and keep on practicing.

Practice for at least 5 minutes every day for 5 days. Have fun!!!



BALANCE & COORDINATION MENU ACTIVITY CARDS

JUST FOR FUN (AND HEALTH)

Jumping Jello

[\[YouTube\]](#)

On the floor, make a circle with a jump rope (or a couple of shoelaces). The circle is a big bowl of fruity Jello!

Jump into the bowl of fruity Jello and bounce 5 times before you jump out of the bowl.

Next, try to create new ways of jumping in Jello.

- Can you jump high and low?
- Soft and quiet?
- How many different ways can you jump?

Every time you jump, say the name of a food that is good for you.



BALANCE & COORDINATION

MENU ACTIVITY CARDS

JUST FOR FUN (AND HEALTH)

Nutrition Fortune Tellers

[\[YouTube\]](#)

Let's learn about nutrition using fun Nutrition Fortune Tellers. ([Get More Fortune Tellers Here](#))

Start by picking the number that matches the picture of a super food.

Open and close the fortune teller while counting to that number.

Next, choose the name of the food on the inside of the fortune teller.

Open and close while spelling the name of the fruit.

Next, open the flap, read the fun fact and complete the activity.



BALANCE & COORDINATION MENU ACTIVITY CARDS

JUST FOR FUN (AND HEALTH)

Red Light, Green Light

[\[YouTube\]](#)

The object of the game is to move during green lights and stop on red lights.

Score a point every time you stop immediately on a red light.

Teacher starts as the leader. Call Green Light and students jog in place. Call RED LIGHT and students must freeze.

Everyone who froze right away gets 1 point. Keep track of your own points.



BALANCE & COORDINATION MENU ACTIVITY CARDS

JUST FOR FUN (AND HEALTH)

Fun Fruit BINGO

[\[YouTube\]](#)

Let's play Fun Fruit BINGO! ([Get BINGO Cards Here.](#))

When the teacher picks a fruit card, mark that fruit on your BINGO card – if you can find it.

Before each card is drawn, we'll work on our coordination by doing 5 jumping jacks.

If you mark all of the fruit in one row (side-to-side), column (up-and-down), or diagonal, call out "BINGO!"



BALANCE & COORDINATION MENU ACTIVITY CARDS

JUST FOR FUN (AND HEALTH)

Body Shapes

[\[YouTube\]](#)

We're going to balance on 1 foot and slowly draw shapes in the air with our other foot.

After a few minutes, we're going to switch feet and draw with the other foot.

As you balance, focus on your breathing and practice equal breathing while you draw the shape.

If you have trouble balancing on 1 foot, it's okay to get in a squat position, or with both feet together, and draw the objects in the air with your arm.

