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)** |
| [**High-5 Breathing**](https://youtu.be/NwEAgvwq4NE)Hold out your hand like you’re giving a high-5. Trace up, inhale slowly. Trace down, exhale slowly. Continue with all 5 fingers. | **[Odd & Even](https://youtu.be/8j56Q93vpWk)****[Balance Rollers](https://youtu.be/8j56Q93vpWk)**The object is to move from start to finish. Roll the die. Land on an odd number, balance on 1 body part. Land on an even number, balance on 2 body parts.  | [**Jumping Jello**](https://youtu.be/krWHTHtdsDs)Make a circle on the floor with a rope. The circle is a bowl of Jello!Jump into the bowl and bounce 5 times before you jump out. Next, try new ways of jumping in Jello. |
| **[Red Star Fish,](https://youtu.be/oTBSB54n-UQ)****[Blue Fish](https://youtu.be/oTBSB54n-UQ)**When music is on, do jumping jacks. When music stops, call Red Star Fish or Blue Fish.Star Fish=10 star-jumpsBlue Fish=5 tuck-jumps | [**Balloon Bop**](https://youtu.be/dCN1THQrtIA)Keep the balloon in the air as long as you can.Count the number of bops you get. If the balloon hits the ground, pick it up and keep on practicing.  | [**Nutrition Fortune Tellers**](https://youtu.be/xsK4RQv4Cug)Pick a number and a picture. Open/close the fortune teller while counting. Choose a food on the inside. Open/close and spell the name. Open the flap and do the activity. |
| [**Equal Breathing**](https://youtu.be/84GLR4e4Sc4)As you take a deep breath, count to 5.As you exhale, count to 5. Take 5 equal breaths (5-count in and 5-count out.) | [**Balance Pathway**](https://youtu.be/SFCE-dc-3F4)Move from start to finish. Roll the die. Move and balance on the foot, hand, or combination shown for 10 seconds. Do 10 jumping jacks before rolling again. | [**Red Light, Green Light**](https://youtu.be/ekMs1FAJNrA)Move during green lights and stop on red lights.Score a point every time you stop on a red light.The leader calls “Green Light” and you jog in place. On “RED LIGHT!” stop and freeze. |
| [**Foot Fire**](https://vimeo.com/showcase/6967770/video/422984781)The leader calls out the temperature (cooler, warmer, foot fire). The class follows the leader’s instructions (slow, faster, super-fast). | [**Balance Flow Challenge**](https://youtu.be/3r5eZgW9abY)Move from start to finish. As you land on different Balance Squares, hold the pose for 15 seconds. If you land on a Breathing Square, practice equal breathing for 3 deep breaths. | [**Fun Fruit BINGO**](https://youtu.be/pQ81_hiTb0k)The *Caller* picks a fruit card. Mark that fruit on a BINGO card – if it’s there. Do 5 exercises before each card is drawn.Mark fruit in a row, column, or diagonal, call out “BINGO!” |