

BALANCE & COORDINATION 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><u>High-5 Breathing</u> Hold out your hand like you're giving a high-5. Trace up, inhale slowly. Trace down, exhale slowly. Continue with all 5 fingers.</p>	<p><u>Odd & Even Balance Rollers</u> 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.</p>	<p><u>Jumping Jello</u> 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.</p>
<p><u>Red Star Fish, Blue Fish</u> When music is on, do jumping jacks. When music stops, call Red Star Fish or Blue Fish. Star Fish=10 star-jumps Blue Fish=5 tuck-jumps</p>	<p><u>Balloon Bop</u> 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.</p>	<p><u>Nutrition Fortune Tellers</u> 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.</p>
<p><u>Equal Breathing</u> 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.)</p>	<p><u>Balance Pathway</u> 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.</p>	<p><u>Red Light, Green Light</u> 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.</p>
<p><u>Foot Fire</u> The leader calls out the temperature (cooler, warmer, foot fire). The class follows the leader's instructions (slow, faster, super-fast).</p>	<p><u>Balance Flow Challenge</u> 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.</p>	<p><u>Fun Fruit BINGO</u> The <i>Caller</i> 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!"</p>

