



**JUGGLE NUTRITION**  
— OPENPHYSED.ORG —

## Brain & Body Warm-Ups

WEEK 3 of 4

**CHALLENGE:** A task that tests a person's abilities.

*Kendra enjoyed the **challenge** of learning a new skill.*

**Chair Catch Challenge:** [\[YouTube\]](#)

Toss an object overhead and land it on your chair.

- On the start signal, students toss the bean bag over their head trying to have it land on the chair behind them.
- Challenge: Have students take a step further away from their chairs.

## Purposeful Practice

WEEK 3 of 4

**My Plate:** The USDA nutrition guide that shows correct amounts of each of the 5 basic food groups.

***My Plate** helped Benji learn to fill half of his meal plate with fruits and vegetables.*

**Build a Balanced Meal:** [\[YouTube\]](#)

Let's build a dinner plate with foods from each food group. Click on the file below and then complete the activity.

Drag foods from the right into the food group box they belong in.

Click for the file format you want:

[\[Google Slide\]](#); [PDF File](#), [PowerPoint\]](#)

Find more nutrition games at [NutritionFromTheHart.com](http://NutritionFromTheHart.com)

## Just for Fun (and health)

WEEK 3 of 4

**GRIT:** Determination and excitement for long-term goals.

*Brigitte showed **grit** as she kept working to improve her juggling skills.*

**Scarf Juggling Basics:** [\[YouTube\]](#)

Warm-up with Scarf Juggling Basics After 5 minutes, level-up to trying 3 Scarf Juggling! Come back to the Basics as often as you'd like to.

**3 Scarf Juggling:** [\[YouTube\]](#)

Are you ready to try juggling with 3 scarves? The National Circus Project video in the YouTube link will help you progress to this next level of scarf juggling.