*WEEK 4 of 4*

**GROWTH MINDSET:** The belief that a person’s abilities can be built and improved through dedication and hard work.

*Penelope demonstrated a* ***growth mindset*** *as she continued to practice her juggling skills each week.*

**Scarf Juggling Basics: [**[**YouTube**](https://youtu.be/ve2FKNctOBg)**]**

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**](https://youtu.be/uWiZ4fNqu5c)**]**

Continue your 3 Scarf Juggling practice with the National Circus Project video. Don’t stop today. Juggling can be a fun activity for a lifetime!

*WEEK 4 of 4*

**EFFORT:** Focused and purposeful work.

*Sasha demonstrated good* ***effort*** *as she focused and worked toward improving her skills.*

**Two for All: [**[**YouTube**](https://youtu.be/mlp2FAkd3eo)**]**

Toss and catch two objects.

* On the start signal, students toss and catch each object in the same hand.
* Challenge: Students toss and then catch each object in their opposite hand.

*WEEK 4 of 4*

**BALANCED:** Having different parts in the correct amounts.

*Forrest created a dinner plate that was* ***balanced*** *with all 5 food groups.*

**Food Group Pizza Goals: [**[**YouTube**](https://youtu.be/8BvctdY2VDY)**]**

Let’s compare and contract 2 pizzas and see which one gives us a more balanced meal.

Answer the questions on each page of the Pizza Goals file.

Click for the file format you want: [[Google Slide](https://docs.google.com/presentation/d/1sVmPcUueAbtn90vfzDwP9sZJ2TdibaQWzR5OXkpRPwQ/copy); [PDF File](https://healthfoodmomcom.files.wordpress.com/2021/01/copy04bc-312-food-group-pizza-goals-nutritionfromthehart.com_.pdf); [PowerPoint](https://healthfoodmomcom.files.wordpress.com/2021/01/04bc-312-food-group-pizza-goals-nutritionfromthehart.com_.pptx)]

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