



JUGGLE NUTRITION
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

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: [\[YouTube\]](#)

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.

Purposeful Practice

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: [\[YouTube\]](#)

Let's compare and contrast 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:
[\[Google Slide\]](#); [\[PDF File\]](#); [\[PowerPoint\]](#)

Find more nutrition games at
[NutritionFromTheHart.com](#)

Just for Fun (and health)

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: [\[YouTube\]](#)

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: [\[YouTube\]](#)

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!