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)** |
| **Claps Counter**  **[**[**YouTube**](https://youtu.be/-uv000YoB4Q)**]**  Clap as many times as you can while you toss an object. | **Food Group Decoders**  **[**[**YouTube**](https://youtu.be/N1dKaT22t28)**]**  Use the decoder key to unlock the names of the food groups. | **Scarf Juggling Basics**  **[**[**YouTube**](https://youtu.be/ve2FKNctOBg)**]**  Practice with 1 and 2 scarf juggling. |
| **Flip It Bean Bag**  **[**[**YouTube**](https://youtu.be/8LQ5wX1tDbk)**]**  Try to flip a bean bag or other object into the air and catch it. | **Food Group Find-It**  **[**[**YouTube**](https://youtu.be/E0YELLRv9B0)**]**  Drag foods into the correct food group boxes. | **2 in 1 Hand**  **[**[**YouTube**](https://youtu.be/AuXZWR2fEgc)**]**  Juggle 2 scarves  in 1 hand. |
| **Chair Catch Challenge**  **[**[**YouTube**](https://youtu.be/qU3whAR1n4s)**]**  Toss an object over your head and into a chair. | **Build A**  **Balanced Meal**  **[**[**YouTube**](https://youtu.be/kNu3lCh1rR4)**]**  Build a dinner plate by dragging foods into the food group boxes. | **3 Scarf Juggling**  **[**[**YouTube**](https://youtu.be/uWiZ4fNqu5c)**]**  Follow along to the National Circus Project video. |
| **Two For All**  **[**[**YouTube**](https://youtu.be/mlp2FAkd3eo)**]**  Toss and catch 2 objects in different ways. | **Food Group Puzzles**  **[**[**YouTube**](https://youtu.be/n-S5LhfD824)**]**  Match Foods from each food groups in the puzzle boxes. | Empty Square  Create Your Own  Just for Fun Game |