Hang this choice board near your safe physical activity space.

Choose an activity, get active, and have fun!

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| **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 scarvesin 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 SquareCreate Your OwnJust for Fun Game |