



JUGGLE NUTRITION
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

WEEK 1 of 4

TOSS: To throw something lightly.

*Jenna **tossed** the beanbag gently into the air.*

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

Today we start our juggling practice by learning how to toss 1 scarf up and across our bodies. Then, we'll work on a throw-throw-catch-catch patter with 2 scarves. Use the video from the National Circus Project to help you learn this fun skill.

No scarves? Try plastic shopping bags.

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

Ready to try juggling with 3 scarves? The National Circus Project video will help you progress to the next level.

Purposeful Practice

WEEK 1 of 4

FOOD GROUP: A category of foods that share something in common as they relate to nutrition.

*The 5 basic **food groups** are Fruits, Vegetables, Grains, Protein Foods, Dairy.*

MyPlate Social Media Profile

Activity: [\[YouTube\]](#)

Learn about the 5 food groups by completing fun social media profiles for foods from each group.

Click for the file format you want:
[\[Google Slide\]](#); [\[PDF File\]](#); [\[PowerPoint\]](#)

Find more nutrition activities at
NutritionFromTheHart.com

Just for Fun (and health)

WEEK 1 of 4

CATCH: To take hold of an object previously in motion.

*Kory reached out her hand to **catch** the falling scarf.*

Scarf Juggling Challenges:

2 in 1 Hand [\[YouTube\]](#)

Try this Scarf Juggling Trick with 2 scarves in 1 hand.

1 up 2 up Scarf Juggling [\[YouTube\]](#)

Try this Scarf Juggling Trick with 3 scarves in columns.