



JUGGLE NUTRITION
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

WEEK 3 of 4

CHALLENGE: A task that tests a person's abilities.

*Kendra enjoyed the **challenge** of learning a new skill.*

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

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

Basic 3 Ball Juggling: [[YouTube](#)]

Let's practice juggling with 3 tennis balls (or another safe tossable available).

Purposeful Practice

WEEK 3 of 4

My Plate: The USDA nutrition guide that shows correct amounts of each of the 5 basic food groups.

***My Plate** helped Benji learn to fill half of his meal plate with fruits and vegetables.*

Build Balanced Meals: [[YouTube](#)]

Build a dinner plate and lunch bag with foods from each food group. Click on the file below and then complete the activity.

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 3 of 4

GRIT: Determination and excitement for long-term goals.

*Brigitte showed **grit** as she kept working to improve her juggling skills.*

Basic 3 Ball Juggling: [[YouTube](#)]

Kepp practice juggling with 3 tennis balls (or another safe tossable).

Let's try some juggling tricks!

1 Up 2 Up Ball Juggling: [[YouTube](#)]

Juggle 3 balls in a column pattern.

Use encouraging self-talk to optimistic.
Demonstrate grit!