

JUGGLE NUTRITION

At Home Choice Board

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)
Scarf Juggling Basics [YouTube] Practice with 1 and 2 scarf juggling.	MyPlate Social Media [YouTube] Learn about the 5 food groups by completing fun profiles for each food.	2 in 1 Hand [YouTube] Juggle 2 scarves in 1 hand.
	Recipe Scavenger Hunt [YouTube] Find food from the food groups in a fun recipe.	1 Up 2 Up [YouTube] Juggle 3 scarves in columns.
3 Scarf Juggling [YouTube] Follow along to the National Circus Project video.	Build Balanced Meals [YouTube] Build a dinner plate and lunch bag with foods from each food group.	Basic 3 Ball Juggling [YouTube] Apply the same toss and catch patterns you learned with scarves.
	Food Group Pizza Goals [YouTube] Compare and contrast 2 pizzas. Which one gives us a more balanced meal?	Juggling Tricks Keep Practicing! 1 Up 2 Up (Ball) [YouTube] Juggle 3 balls in a column pattern. Juggle 2 In 1 Hand [YouTube] The foundation for 4 ball juggling.
4 Ball Juggling [YouTube] Yes, it is possible!		

