*WEEK 2 of 4*

**SELF-TALK:** The inner voice or thoughts that a person has about themself.

*Leo used positive words in his self-talk in order to keep an optimistic attitude.*

**Scarf Juggling Basics: [**[**YouTube**](https://youtu.be/ve2FKNctOBg)**]**

Continue juggling practice and practice tossing 1 scarf up and across your body. Follow the video prompts.

Next, continue to work on a throw-throw-catch-catch patter with 2 scarves. Stay focused, optimistic and don’t give up!

If you don’t have scarves, try plastic shopping bags.

*WEEK 2 of 4*

**OPTIMISM:** Hopefulness about the future or the success of something.

*Andi felt* ***optimism*** *about her goal of learning how to juggle scarves.*

**Flip It Bean Bag: [**[**YouTube**](https://youtu.be/8LQ5wX1tDbk)**]**

Successfully flip and catch an object.

* On the start signal, students attempt to flip the beanbag or paper ball into the air and catch it with their hands.
* Challenge: Use different body parts (e.g. foot, head, knee, etc.).

*WEEK 2 of 4*

**IDENTIFY:** To establish, know, and understand what something is.

*Cooper can identify all of the foods that belong in each of the five food groups.*

**Food Group Find-It: [**[**YouTube**](https://youtu.be/E0YELLRv9B0)**]**

Let’s be food group detectives. Click on the file below and then complete the activity.

Drag foods from the marked food group into the food group box. There are 5 pages, 1 for each food group.

Click for the file format you want: [[Google Slide](https://docs.google.com/presentation/d/1ricYss13ZTYrBG-keaQIkRSpzvVkapP0Fk0-dkpoGEc/copy); [PDF File](https://healthfoodmomcom.files.wordpress.com/2021/01/copy3-02a-k2-food-group-find-it-nutritionfromthehart.com_.pdf), [PowerPoint](https://healthfoodmomcom.files.wordpress.com/2021/01/02a-k2-food-group-find-it-nutritionfromthehart.com_.pptx)]

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