



JUGGLE NUTRITION
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

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: [\[YouTube\]](#)

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.).

Purposeful Practice

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: [\[YouTube\]](#)

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:
[\[Google Slide\]](#); [PDF File](#), [PowerPoint\]](#)

Find more nutrition games at
[NutritionFromTheHart.com](#)

Just for Fun (and health)

WEEK 2 of 4

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

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

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

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.