

JUGGLE NUTRITION

Menu Activity Cards

BRAIN & BODY WARM-UP

TOSS: To throw something lightly.

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

CLAPS COUNTER

Clap as many times as you can while self-tossing.

- Toss the object into the air and clap as many times as you can. The number of claps only counts if the object is caught.
- Challenge: Spin in a circle (after tossing the object) while performing the claps.



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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

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.).



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

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

CHAIR CATCH CHALLENGE

Toss an object overhead and land it on your chair.

- On the start signal, students toss the bean bag over their head trying to have it land on the chair behind them.
- Challenge: Have students take a step further away from their chairs.



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EFFORT: Focused and purposeful work.

*Sasha demonstrated good **effort** as she focused and worked toward improving her skills.*

TWO FOR ALL

Toss and catch two objects.

- On the start signal, students toss and catch each object in the same hand.
- Challenge: Students toss and then catch each object in their opposite hand.



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PURPOSEFUL PRACTICE

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.*

FOOD GROUP DECODERS

Let's use a fun Decoder game to help us remember the names of the 5 food groups.

Match the food picture with the correct letter to unlock the coded words.

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

Find more nutrition games at:
NutritionFromTheHart.com



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PURPOSEFUL PRACTICE

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

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.

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PURPOSEFUL PRACTICE

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

MyPlate helped Benji learn to fill half of his meal plate with fruits and vegetables.

BUILD A BALANCED MEAL

Let's build a dinner plate with foods from each food group. Click on the file below and then complete the activity.

Drag foods from the right into the food group box they belong in.

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PURPOSEFUL PRACTICE

BALANCED: Having different parts in the correct amounts.

*Forrest created a dinner plate that was **balanced** with all 5 food groups.*

FOOD GROUP PUZZLES

Let's match foods from each food group. Click on the file below and then complete the activity.

Drag foods from the right into the puzzle pieces that match. Fruits are already matched as an example.

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JUST FOR FUN (AND HEALTH)

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

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

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

Today we start our juggling practice by learning how to toss 1 scarf up and across our bodies.

Next, 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.



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JUST FOR FUN (AND HEALTH)

GRIT: Determination and excitement for long-term goals.

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

2 IN 1 HAND

Now it's time for a challenge! You'll be tossing 2 scarves in 1 hand, up and down, from one scarf to the other.

Follow [the juggling video from the National Circus Project](#) to work on this new juggling trick.



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JUST FOR FUN (AND HEALTH)

GROWTH MINDSET: The belief that a person's abilities can be built and improved through dedication and hard work.

*Penelope demonstrated a **growth mindset** as she continued to practice her juggling skills each week.*

3 SCARF JUGGLING

Are you ready to try juggling with 3 scarves?

This [National Circus Project Video](#) will help you progress to this next level of scarf juggling.

