

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) |
|--|---|---|
| <p>Claps Counter [YouTube] Clap as many times as you can while you toss an object.</p> | <p>Food Group Decoders [YouTube] Use the decoder key to unlock the names of the food groups.</p> | <p>Scarf Juggling Basics [YouTube] Practice with 1 and 2 scarf juggling.</p> |
| <p>Flip It Bean Bag [YouTube] Try to flip a bean bag or other object into the air and catch it.</p> | <p>Food Group Find-It [YouTube] Drag foods into the correct food group boxes.</p> | <p>2 in 1 Hand [YouTube] Juggle 2 scarves in 1 hand.</p> |
| <p>Chair Catch Challenge [YouTube] Toss an object over your head and into a chair.</p> | <p>Build A Balanced Meal [YouTube] Build a dinner plate by dragging foods into the food group boxes.</p> | <p>3 Scarf Juggling [YouTube] Follow along to the National Circus Project video.</p> |
| <p>Two For All [YouTube] Toss and catch 2 objects in different ways.</p> | <p>Food Group Puzzles [YouTube] Match Foods from each food groups in the puzzle boxes.</p> | <p>Empty Square</p> <p>Create Your Own Just for Fun Game</p> |

