



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.*

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

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

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

Ready to try juggling with 3 scarves? The National Circus Project video will help you progress to the next level.

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.

Recipe Scavenger Hunt: [\[YouTube\]](#)

Can you find food in this fun recipe that belong in each food group?

Create lists for each food group and then answer the questions at the bottom of the page.

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

Find more nutrition activities 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.

Basic 3 Ball Juggling: [\[YouTube\]](#)

Let's practice juggling with 3 tennis balls (or another safe tossable available).

Apply the same toss and catch patterns you learned last week with scarves.

Start with 1 ball and work your way up. Stay focused and positive. Use encouraging self-talk to optimistic.