



JUGGLE NUTRITION
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

WEEK 3 of 4

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

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

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 3 of 4

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

***My Plate** helped Benji learn to fill half of his meal plate with fruits and vegetables.*

Build Balanced Meals: [\[YouTube\]](#)
Build a dinner plate and lunch bag with foods from each food group. Click on the file below and then complete the activity.

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 3 of 4

GRIT: Determination and excitement for long-term goals.

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

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. Demonstrate grit!