*WEEK 4 of 4*

**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.*

Let’s try some juggling tricks!

**1 Up 2 Up Ball Juggling: [**[**YouTube**](https://youtu.be/__ldjUWgOf4)**]**

Juggle 3 balls in a column pattern.

**Juggle 2 In 1 Hand:** **[**[**YouTube**](https://youtu.be/DCYoQOzPbP4)**]**

This trick is the foundation for 4 ball juggling. Keep practicing!

*WEEK 4 of 4*

**EFFORT:** Focused and purposeful work.

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

**3 Scarf Juggling:** **[**[**YouTube**](https://youtu.be/uWiZ4fNqu5c)**]**

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

**Basic 3 Ball Juggling: [**[**YouTube**](https://youtu.be/2adm_33hGmU)**]**

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

*WEEK 4 of 4*

**BALANCED:** Having different parts in the correct amounts.

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

**Food Group Pizza Goals: [**[**YouTube**](https://youtu.be/8BvctdY2VDY)**]**

Let’s compare and contract 2 pizzas and see which one gives us a more balanced meal.

Answer the questions on each page of the Pizza Goals file.

Click for the file format you want: [[Google Slide](https://docs.google.com/presentation/d/1sVmPcUueAbtn90vfzDwP9sZJ2TdibaQWzR5OXkpRPwQ/copy); [PDF File](https://healthfoodmomcom.files.wordpress.com/2021/01/copy04bc-312-food-group-pizza-goals-nutritionfromthehart.com_.pdf); [PowerPoint](https://healthfoodmomcom.files.wordpress.com/2021/01/04bc-312-food-group-pizza-goals-nutritionfromthehart.com_.pptx)]

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