



JUGGLE NUTRITION
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

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: [\[YouTube\]](#)

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

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

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

Purposeful Practice

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: [\[YouTube\]](#)

Let's compare and contrast 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:
[\[Google Slide\]](#); [\[PDF File\]](#); [\[PowerPoint\]](#)

Find more nutrition games at
NutritionFromTheHart.com

Just for Fun (and health)

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: [\[YouTube\]](#)

Juggle 3 balls in a column pattern.

Juggle 2 In 1 Hand: [\[YouTube\]](#)

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