

# JUGGLE NUTRITION

## Menu Activity Cards

### BRAIN & BODY WARM-UP

**TOSS:** To throw something lightly.

*Jenna **tossed** the beanbag gently into the air.*

### SCARF JUGGLING BASICS

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

Next, we'll work on a throw-throw-catch-catch patten with 2 scarves.

Use the [video from the National Circus Project](#) to help you learn this fun skill.



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### BRAIN & BODY WARM-UP

**OPTIMISM:** Hopefulness about the future or the success of something.

*Andi felt **optimism** about her goal of learning how to juggle scarves.*

### 3 SCARF JUGGLING

Are you ready to try juggling with 3 scarves?

This [National Circus Project Video](#) will help you progress to this next level of scarf juggling.



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## Menu Activity Cards

### PURPOSEFUL PRACTICE

**FOOD GROUP:** A category of foods that share something in common as they relate to nutrition.

*The 5 basic **food groups** are Fruits, Vegetables, Grains, Protein Foods, Dairy.*

### MYPLATE SOCIAL MEDIA PROFILE ACTIVITY

Learn about the 5 food groups by completing fun social media profiles for foods from each group.

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

Find more nutrition games at:  
[NutritionFromTheHart.com](http://NutritionFromTheHart.com)



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### PURPOSEFUL PRACTICE

**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

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:  
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### PURPOSEFUL PRACTICE

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

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

### BUILD BALANCED MEALS

Build a dinner plate and lunch bag with foods from each food group. Click on the file below and then complete the activity.

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## Menu Activity Cards PURPOSEFUL PRACTICE

**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

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:  
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### JUST FOR FUN (AND HEALTH)

**CATCH:** To take hold of an object previously in motion.

*Kory reached out her hand to **catch** the falling scarf.*

**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.*

### 2 IN 1 HAND

Now it's time for a challenge! You'll be tossing 2 scarves in 1 hand, up and down, from one scarf to the other.

Follow [the juggling video from the National Circus Project](#) to work on this new juggling trick.



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### JUST FOR FUN (AND HEALTH)

**GRIT:** Determination and excitement for long-term goals.

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

### 1 UP 2 UP SCARF JUGGLING

Try this Scarf Juggling Trick with 3 scarves in columns.

Follow the [juggling video from the National Circus Project](#) to work on this new juggling trick.





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## Menu Activity Cards

### JUST FOR FUN (AND HEALTH)

**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.*

### BASIC 3 BALL JUGGLING

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.

This [National Circus Project Video](#) will help you progress to this next level of juggling.



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### JUST FOR FUN (AND HEALTH)

**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.*

### 3 BALL JUGGLING TRICKS

Let's add some challenging tricks to our practice!

#### 1 UP 2 UP BALL JUGGLING

Ball Juggling with 3 balls in columns.

[Here's a video from the National Circus Project.](#)

#### JUGGLE 2 IN 1 HAND

This trick is the foundation for 4 ball juggling.

[Here's a video from the National Circus Project.](#)

