Hang this choice board near your safe physical activity space.

Choose an activity, get active, and have fun!

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| **Brain & Body Warm-Ups** | **Purposeful Practice** | **Just for Fun (and health)** |
| **Scarf Juggling Basics**  **[**[**YouTube**](https://youtu.be/ve2FKNctOBg)**]**  Practice with 1 and 2 scarf juggling. | **MyPlate Social Media**  **[**[**YouTube**](https://youtu.be/2HfAfNd27Mk)**]**  Learn about the 5 food groups by completing fun profiles for each food. | **2 in 1 Hand**  **[**[**YouTube**](https://youtu.be/AuXZWR2fEgc)**]**  Juggle 2 scarves  in 1 hand. |
| **Recipe**  **Scavenger Hunt**  **[**[**YouTube**](https://youtu.be/Kgvq7EWGvZw)**]**  Find food from the food groups in a fun recipe. | **1 Up 2 Up**  **[**[**YouTube**](https://youtu.be/2adm_33hGmU)**]**  Juggle 3 scarves  in columns. |
| **3 Scarf Juggling**  **[**[**YouTube**](https://youtu.be/uWiZ4fNqu5c)**]**  Follow along to the National Circus Project video. | **Build**  **Balanced Meals**  **[**[**YouTube**](https://youtu.be/7gIqfYARIOo)**]**  Build a dinner plate and lunch bag with foods from each food group. | **Basic 3 Ball Juggling**  **[**[**YouTube]**](https://youtu.be/2adm_33hGmU)  Apply the same toss and catch patterns you learned with scarves. |
| **Food Group**  **Pizza Goals**  **[**[**YouTube**](https://youtu.be/8BvctdY2VDY)**]**  Compare and contrast 2 pizzas. Which one gives us a more balanced meal? | **Juggling Tricks**  Keep Practicing!  **1 Up 2 Up (Ball) [**[**YouTube**](https://youtu.be/__ldjUWgOf4)**]**  Juggle 3 balls in a column pattern.  **Juggle 2 In 1 Hand** **[**[**YouTube**](https://youtu.be/DCYoQOzPbP4)**]**  The foundation for  4 ball juggling. |