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 scarvesin 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 scarvesin 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 for4 ball juggling. |