

JUGGLE NUTRITION

At Home Choice Board

Hang this choice board near your safe physical activity space.
Choose an activity, get active, and have fun!

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

