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)** |
| **200 Touches: [**[**YouTube**](https://youtu.be/PQZ0bRX8Qvk)**]**Every student has a soccer ball.Follow along to the 200 Touches YouTube Video to complete your 200 ball-control touches. | **Cone Flip: [**[**YouTube**](https://youtu.be/CZiXURpzZ9o)**]**The object is to flip 6 cups upside down. Roll, dribble, flip, repeat. | **Ted Talk:****Self Care: What It Really Is****[**[**Video Link**](https://www.ted.com/talks/susannah_winters_self_care_what_it_really_is)**]** |
| **Soccer Bocce: [**[**YouTube**](https://youtu.be/-2tj7OdltyU)**]**Points are awarded for distance to the jack: within 1 step = 3 points; within 2 steps = 1 point. How quickly can you score 10 points? | **Ted Talk:****All it takes is 10 mindful minutes****[**[**Video Link**](https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes)**]** |
| **Soccer Tabata: [**[**YouTube**](https://youtu.be/PQZ0bRX8Qvk)**]**Follow along to complete the 4-Minute Soccer Tabata YouTube Video.Tabata routines include 8 rounds of activity with 20 seconds of work and 10 seconds of rest. | **PELE:****[**[**YouTube**](https://youtu.be/2Ay7SuoAeFU)**]**This game is similar to “PIG” but you perform soccer juggle sequences (3 to 5 touches) that a player must match. |  **Ted Talk:****Grit: The power of passion and perseverance****[[Video Link](https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance?language=en)]** |
| **Soccer Golf:****[**[**YouTube**](https://youtu.be/b9SxMszgy04)**]**Played with Disc Golf rules. The youngest player starts by placing a cone in the area as the golf hole, at least 2 kicks away from the starting spot.  | **Ted Talk:****Want to be happy?****Be grateful.****[**[**Video Link**](https://www.ted.com/talks/david_steindl_rast_want_to_be_happy_be_grateful)**]** |

[Learn how to fold a Hoodie-Ball](https://youtu.be/skvajiwD4b4)

[on the OPEN YouTube Channel.](https://youtu.be/skvajiwD4b4)