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)