

At Home Choice Board (Grades 3-5)

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>Balance & Breathe I: Hold your hand out flat in front of you, parallel with the ground. Balance 1 cup in the palm of your hand. Take 5 equal breathes (inhale 4 count, exhale 4 count). As you breathe, focus on balancing the cup. [YouTube]</p>	<p>Sports Charades: Try to guess the sport that the charades leader is acting out. After guessing the sport, take 30 seconds to act out your version. [YouTube]</p>	<p>Victory Dance RPS: The object of the game is to win a round of Rock, Paper, Scissors, then do a victory dance to celebrate. The first player to do 10 victory dances is the champion. [YouTube]</p>
<p>High-5 Breathing: Hold your left hand out in front of your chest. Extend and spread your fingers out. Use the pointer finger of your left hand, slowly trace your fingers starting with the thumb. As you trace up a finger, inhale. As you trace down, exhale. [YouTube]</p>	<p>CYO 6-Minute Interval Routine: Choose fun activities and exercises, put them into a 6-minute interval routine, and then get active! Each routine is made up of 8 30-sec activity intervals with 15-sec rest breaks in between. [YouTube]</p>	<p>Nutrition Fortune Teller: Pick a number that matches the picture of a food. Open and close the fortune teller while counting. Next, choose the name of the food on the inside of the fortune teller. Open and close while spelling the fruit. Now, open the flap, read the fun fact, complete the activity. [YouTube]</p>