

At Home Choice Board (Grades K-2)

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>Animal Charades: Stand inside your 6-foot bubble. The object of this game is to silently act like an animal so that your classmates can guess what it is. [YouTube]</p>	<p>Red Light, Green Light: The object of the game is to move during green lights and stop on red lights. Score a point when you stop quickly on a red light. [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>Animal Dance Party: Use the Animal Alphabet Cards to pick animals that will come to your dance party. Pick and hold up a card, everyone will dance like the animal on the card. You can hold up 2 cards and pick which animal you want to be. [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>