

HEALTH

Choice Board

Find two foods with protein in them like these.



List three healthy goals for yourself.

Write your home phone number backwards.

Balance a boiled egg (or another round object) on a spoon while taking ten steps.

Draw five physical activities you can do indoors.

Write about a time you felt angry or upset at someone and how you resolved it.

Perform an animal walk across the room.



Walk carefully backwards along a straight line.

Draw five emojis with different emotions.



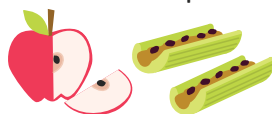
Toss a ball in the air and catch it 3 different ways.

Bounce a ball five times using your non-dominant hand.

Draw a picture of a place that makes you feel relaxed.

List three processed / unprocessed foods in your kitchen.

Make a healthy snack. Here are some examples:



Share one way you calm down when angry or frustrated.

Invent a new game using only three household items. Here is an example.



Sing your handwashing song out loud. Use these tips for handwashing.

Watch video

Count the number of heartbeats you feel in 60 seconds before / after running in place.

Write down your daily routine.

Watch video

