

# 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.



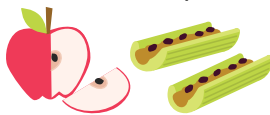
**Toss** a ball in the air and catch it 3 different ways.

**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.

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

Write down your daily healthy habits.