**ACTIVE HOME PHYSICAL EDUCATION: GRADES 3-5 family Wellness CHOICE BOARD**

Complete the choice board with a friend or family member.

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|  | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** |
| **Today’s Vocabulary** | **physical activity**Any physical movement that uses the body’s energy. | **healthy food**Foods that contribute to a person’s overall wellness with balanced nutrition. | **relax**To rest or release tension. | **Wellness**A state of being in good health. | **Relationship**The way in which two or more people (places, things, objects) are connected. |
| **Warm-Up Activity** | [The Sunny Side](https://family.gonoodle.com/activities/stay-on-the-sunny-side)(GoNoodle) | [Pump](https://family.gonoodle.com/activities/pump-it-up) It Up(GoNoodle) | [The Sunny Side](https://family.gonoodle.com/activities/stay-on-the-sunny-side)(GoNoodle) | [Pump](https://family.gonoodle.com/activities/pump-it-up) It Up(GoNoodle) | [The Sunny Side](https://family.gonoodle.com/activities/stay-on-the-sunny-side)(GoNoodle) |
| **Learning Focus Activity** | **Physical Activity:**Build your choice board by choosing fun physical activities. Then give them a try! | **Healthy Food:**Build your choice board by choosing healthy foods. After that, try one of the physical activities listed on your board. | **Relaxation:**Build your choice board by choosing activities that help your family relax. After that, be physically active! | **Wellness:**Use your Family Wellness Choice Board to be active for a least30-minutes. | **Relationship:**Grab someone you love. Now, use your Family Wellness Choice Board to be active together. |
| **Daily Movement Activity** | Tabata Workout for Kids<https://bit.ly/3aBKRz1>  | Super Simple Stretches <https://bit.ly/2E3oM0g>  | Full Body Strength and Core<https://bit.ly/3kZjymI>  | Spider Power Yoga<https://bit.ly/3484I7D>  | Favorite Character Fitness <https://bit.ly/2Q0rciG>  |
| **Refocus** | [Have Compassion](https://family.gonoodle.com/activities/have-compassion)(GoNoodle) | [Have Compassion](https://family.gonoodle.com/activities/have-compassion)(GoNoodle) | [Have Compassion](https://family.gonoodle.com/activities/have-compassion)(GoNoodle) | [Have Compassion](https://family.gonoodle.com/activities/have-compassion)(GoNoodle) | [Have Compassion](https://family.gonoodle.com/activities/have-compassion)(GoNoodle) |
| **How am I feeling today?** |  |