**ACTIVE HOME PHYSICAL EDUCATION: GRADES K-2 family Wellness CHOICE BOARD**

Complete the choice board with a friend or family member.

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|  | **WEEK 1** | **WEEK 2** | **WEEK 3** | **WEEK 4** | **WEEK 5** |
| **This Week’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 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:**  Use your choice board by choosing daily movement activities.  Give them a try! | **Healthy Food:**  Choose healthy foods for meals and snacks. After that, try one of the physical activities on your board. | **Relaxation:**  Choose activities that help your family relax. After that, be physically active! | **Wellness:**  Use this Family Wellness Choice Board to be active for a least  30-minutes. | **Relationship:**  Grab someone you love. Now, use your Family Wellness Choice Board to try yoga together. |
| **Daily Movement Activity** | Old Town Road Tabata for Kids  <https://bit.ly/3aBKRz1> | Squish the Fish Yoga  <https://bit.ly/31WEJNy> | Dance Warm up and Stretch  <https://bit.ly/3h9MDtp> | The Sun Salutation Yoga for Kids  <https://bit.ly/34ezbkm> | Zumba Free Dance  <https://bit.ly/2CHmBPo> |
| **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) |
| **What Zone are You In?** |  | | | | |