

Get Active! Choice Board

Directions: Choose one or more physical activities to complete.

Stretch with Yoga

Practice balance and focus with some yoga moves, like downward dog, tree pose, and boat pose.



Obstacle Course

Jump over, run around, or crawl under items you have around your home. How fast can you go?



Go for a Ride

Use a bike or scooter, or turn your body into a plane, as you move around the neighborhood.



Walk It Out

Get outside with a friend or loved one and go for a walk. Move those arms to go faster!



Run Around

Jog or sprint from one place to another. Give yourself 10 seconds to rest, and run back to where you started.



Dance, Dance

Put on some music and dance! Can you make up your own dance moves or a routine?



Ice Skate

Stand on two paper plates and "ice skate" around your house or garage. Create a routine to share with a friend or loved one.



Build Your Strength

Jumping jacks, push-ups, and squats, oh my! Do 10 of each. Then repeat the routine two more times.

