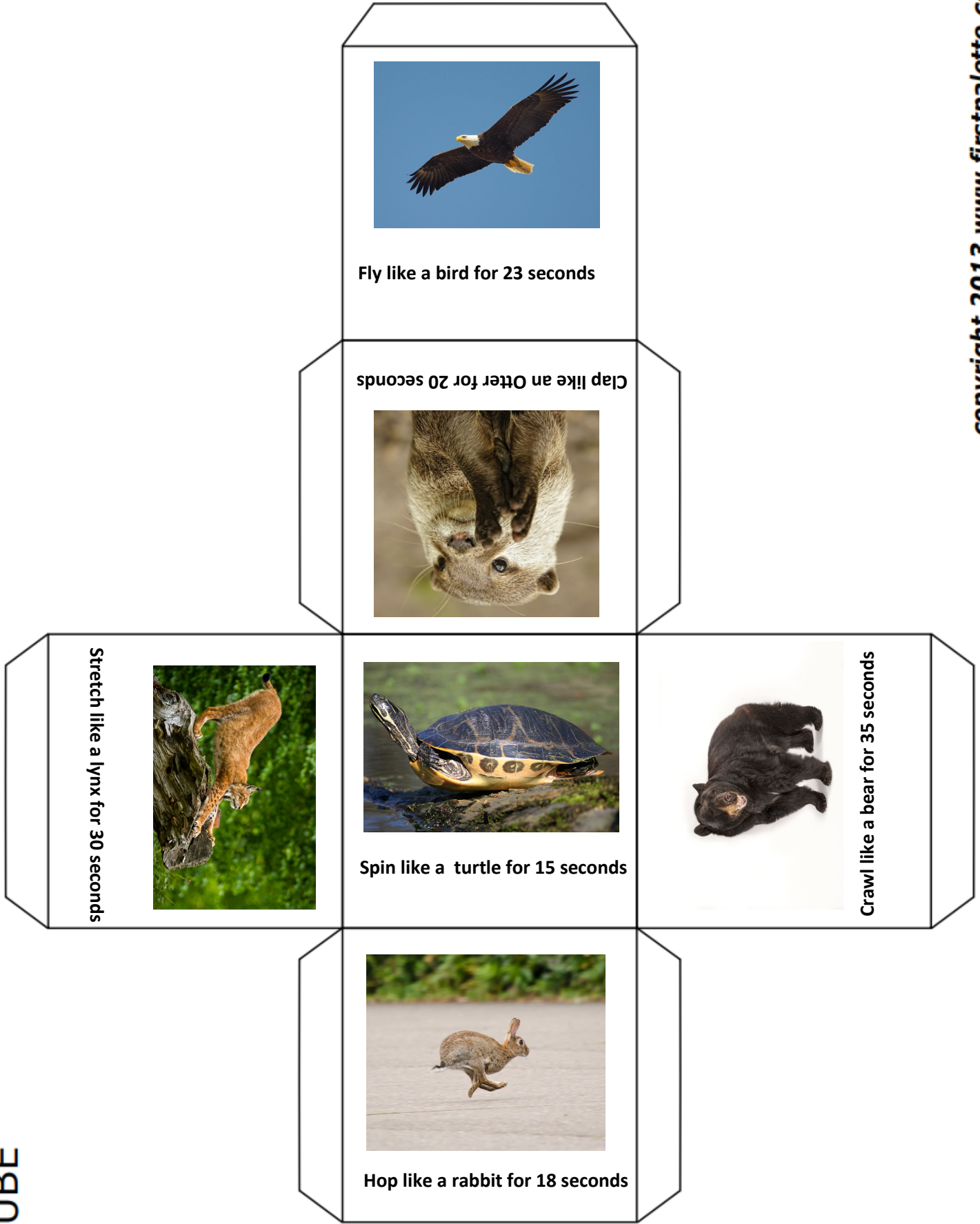


# CUBE



Fly like a bird for 23 seconds



Clap like an Otter for 20 seconds



Spin like a turtle for 15 seconds



Crawl like a bear for 35 seconds



Stretch like a lynx for 30 seconds



Hop like a rabbit for 18 seconds



**Clap like an Otter for 20 seconds**

Otter– Nigig



**Spin like a turtle for 15 seconds**

Turtle– Miskwaadesi



**Fly like a bird for 23 seconds**

Eagle– Migizi



**Stretch like a lynx for 30 seconds**

Lynx– Bizhiw



**Hop like a rabbit for 18 seconds**

Rabbit– Waabooz



**Crawl like a bear for 35 seconds**

Bear– Makwa

## *Move Like an Animal Cube*

Along with eating healthy, it is important for young children to be physically active. Here is a fun activity to play to encourage some physical activity.

The *Move like an Animal* cube has different pictures of different animals making certain movements for children to follow along. Instructor or child will throw the dice up in the air and what ever side the cube lands on, you will follow the movement listed on the cube for how ever long of time it states on the picture. Continue to throw the dice to land on different movements. Each side features a photograph of an animal in it's natural habitat suggesting how to move like the animal.

## For Parents:

### Kid's Fitness Tips

- Kids should be active for at least an hour a day. It doesn't have to be all at once, 10-15 minutes a few times a day will add up!
- Exercise can help kids and adults to relax and deal with the stress of daily life. During exercise your brain releases chemicals into the body that make you feel good.
- You can help your child be active by playing active games and also by providing toys that require active play.
- When you exercise together with your children you are doing something that is good for you and setting a great example for them.
- Family that play together stay healthy together! Take time to play often with your child. Being active can be fun for the whole family!
- Active kids are more likely to become active teens and adults. Helping your kids to stay active now will help them for a lifetime.
- Remember to feed your active child healthy foods, like whole grains, fruits, vegetables, and proteins. Also provide plenty of water.
- Remember to be safe while being active. Provide proper shoes, safety helmets, sunscreen, hats, whatever is best for the activity.