



ACTIVATE

with 123 Andrés



Complete all of the challenges below to earn stars and become an *Actívate* champion!

The Verb Challenge • El reto de los verbos

A verb is a word that shows an action – like **JUMP**, **CROUCH**, **STRETCH**, **CLIMB**, and **RUN**! In this challenge, prove that you know your action words by getting up on your feet and completing each activity!

• ¡SALTA!

Jump up in the air 5 times! Don't forget to bend your knees as you push off the floor and when you land.

• AGÁCHATE

Crouch down to touch the floor and stand up five times.

• ESTIRA

Stretch your arms up high to the sky as you count to 15.

• ESCALA una montaña

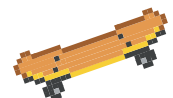
Climb the air with your arms and legs! Pretend you are on a mountain, and climb as you count to 20.

• ¡CORRE!

Run in place as you count to 25!

For each verb activity you completed, give yourself 1 star. If you completed all 5, you get 5 stars!

Verb Star Total: _____





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The Chant Challenge • El reto de las afirmaciones

Christina and Andrés from 123 Andrés love to chant “I am smart, I am strong, and I work hard” with movements that match each word! We chant this when we need some extra encouragement, or just to get pumped up!

What about yourself makes YOU proud?
What positive words would it help to hear when you feel discouraged?

Come up with your own chant and movements! Fill in the blanks below, then practice your chant and movements out loud 5 times. (Repeat it to yourself whenever you need an extra mental boost!)

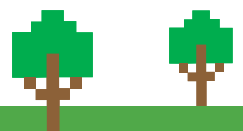
I am _____ (example: “I am brave”)
(adjective)

I am _____ (example: “I am silly”)
(adjective)

And I _____ (example: “and I sing loud”)
(verb or activity)

If you completed your chant and practiced out loud 5 times, you get 5 stars!

Chant Star Total: _____





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The Engine Challenge • El reto del motor

An engine makes a machine move – and our HEART is the engine for our body! Complete each of the activities below to discover how our body parts help us move!

• **HEART** Our heart pumps blood throughout our body. You can feel your blood in many places on your body. While being still, put your fingers on the side of your neck just below your jaw. Do you feel the movement? That's your heart working to push your blood through your body! Feel how fast it goes. That's your heart rate.

Now stand up and run in place as you count to 25! When you are done, feel your heartbeat again. Did your tempo get faster or slower?

• **LUNGS** Our lungs pull oxygen into our bodies as we breathe. Place each of your hands on each side of your body, just above your hips. Take a deep breath in through your nose and feel your lungs expand with air. Now exhale through your mouth and feel your lungs deflate, or empty out. Repeat 3 times!

• **BONES** Our bones make up the structure of our bodies. They are connected through joints. Stand up and put both arms to your sides. Now exercise your joints by bending your elbow and touching your shoulders with your hands. Now, exercise your shoulder joints by raising both hands to the sky! Bring your arms back to your sides and repeat these moves 3 times!

• **MUSCLES** Our muscles give us the strength to move. Let's exercise our thigh muscles! Start by standing up, then pretend to sit in an imaginary chair as you bend your knees to squat. Count to 5 and then come back up to standing!

• **BRAIN** Our brain connects our thoughts with our bodies. The brain works hard, and it is important to give it a rest when we can! Try closing your eyes and picturing a flower. Smell the flower by breathing in through your nose, and gently blow on the petals as you breathe out through your mouth. Repeat these breaths 5 times.

For each engine activity you completed, give yourself 1 star. If you completed all 5, you get 5 stars!

Engine Star Total: _____

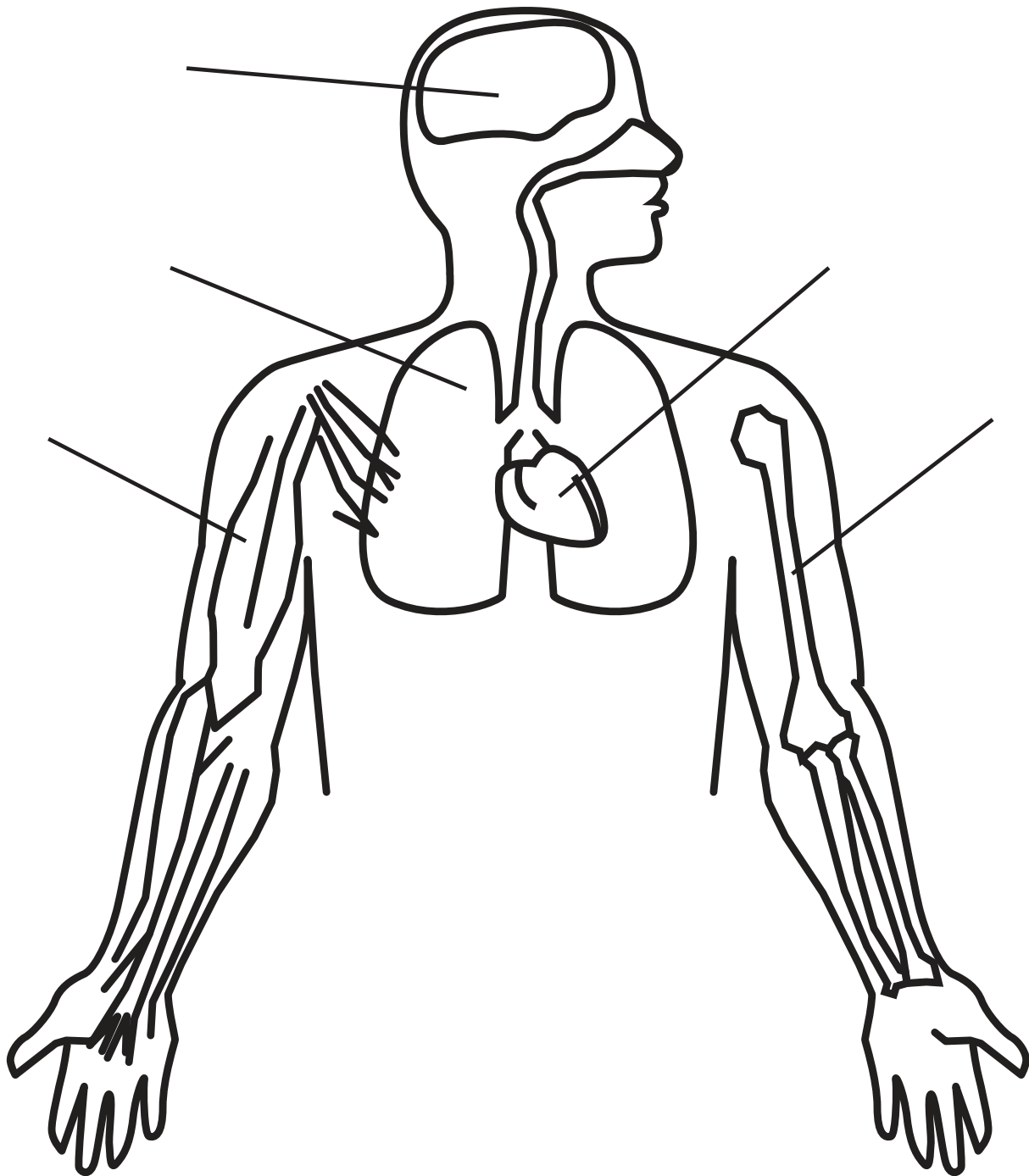




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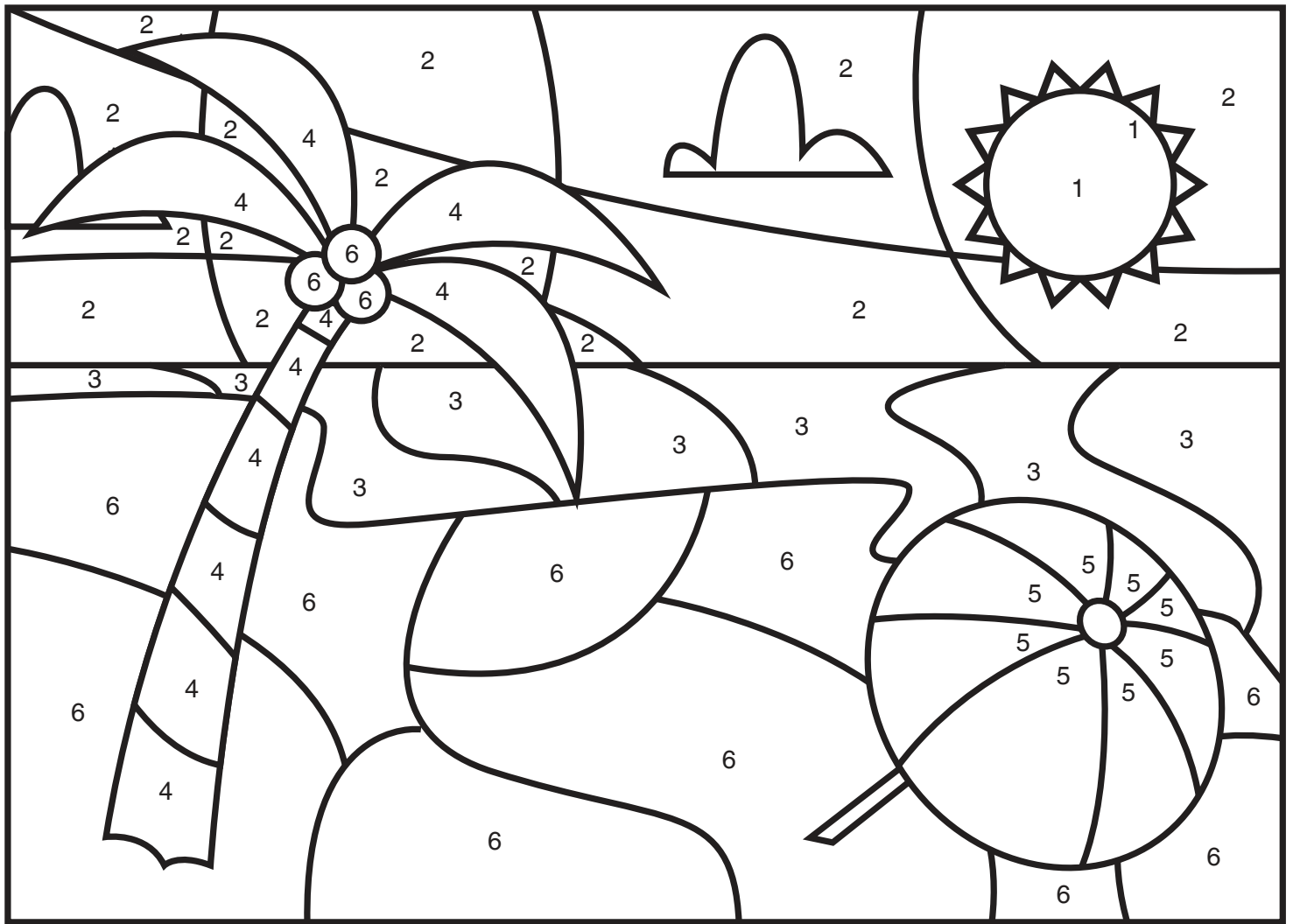
Under our skin, many parts of our body work together to help us move and be active. Color in the diagram and label the parts: heart, lungs, bones, muscles, and brain.





The Colors Challenge • El reto de los colores

Practice your knowledge of colors by completing the paint-by-number of the beach below!
Use the following key:



- 1** Amarillo **2** Azul claro **3** Azul oscuro **4** Verde **5** Rojo **6** Café

Say each color word out loud in Spanish as you color in the shape!

Colors Star Total: _____



***It's time to see if you have become
an Actívate champion!!
Add up all of your stars below***

_____ + _____ + _____ + _____ = _____
Verb stars Chant stars Engine stars Colors stars TOTAL STARS

If you have 20 stars... congratulations – you are an

ACTIVATE

champion!!

Keep moving and staying active!

