



# ELVES, WIZARDS, AND GIANTS

At Home Edition - #MCMAtHome

## Are you ready to have fun while exercising?

### Exercise Facts:

- Aerobic exercise, like brisk walking, running and playing sports are best for brain health.
- Being active can help you think, feel and sleep better.
- Children ages 6-17 should get at least 60 minutes of physical activity per day.
- Adults need at least 150 minutes per week of physical activity – that's 30 minutes a day for 5 days.
- Exercise lowers the risk of heart disease, stroke, type II diabetes, high blood pressure, dementia and Alzheimer's.

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## For this interactive activity you will need a partner.

### The MCM Challenge:

- This game is like rock, paper, scissors.
  - Elves beat giants.
  - Wizards beat elves.
  - Giants beat wizards.
- You and your child will use your whole body to indicate which character you have chosen.
  - Elves crouch down and make ears on the top of their head with their hands.
  - Wizards use their arms to form a triangle over their heads like a wizard hat.
  - Giants must stand on their tiptoes with their arms over their heads.
- Count by saying, "Elves! Wizards! Giants!" On the 4th count jump into your position.
- See how fast you can play the game!

### Want more?

Check out our **Weight Sharing** activity sheet for another great active activity to do with a partner! Be sure to take pictures or videos and tag #MCMAtHome