Live In Schools!

LAZY TOWN™ LIVE!

TEACHER RESOURCE PACK

www.lazytowninschools.com

Photographs as shown are from the original TV series. The Australian touring cast will differ from TV cast.

LazyTown © & TM 2015 LazyTown Entertainment. © 2011 LazyTown Entertainment. All rights reserved.

LazyTown Live In Schools

This Resource Pack is written for K-2 (ages 3-7) students and their teachers.

AREAS OF LEARNING: Healthy Eating, Physical Education, Communication, Interpersonal Development, Creative Arts.

CURRICULUM COVERAGE: Health & PE, The Arts.

It also includes lots of games and activities.

Contents

2 ***Storytelling and LazyTown***

3 Who? What? Where? When? Why?

4 Storytelling activities

6 Characters

9 Places

11 ***Healthy Lifestyle, Healthy Choices***

11 Exercise

13 Dancing

16 Singing

18 Food and drink

21 Helping yourself and others

22 Healthy lifestyle challenge

23 ***Further Student Activities to Print and Explore***

FOR MORE INFORMATION GO TO

www.lazytowninschools.com

Storytelling and LazyTown

Storytelling is one of the things that LazyTown is all about.

Stories can make us laugh and cry. Stories can be funny or scary. Stories make us think and feel.

To make a good story you need to check you have the right ingredients.

The five Ws can help – **Who? What? Where? When? Why?**

1. Who?

This means the characters. A great story always has a hero or a heroine – a person who tries to be good and kind and is someone you would like as a friend – like Stephanie.

Every hero or heroine needs someone with special powers to help them like a wizard, a friendly giant, a talking animal or a super hero like Sportacus. Can you think of any other types of special or magical characters?

The hero or heroine needs friends and helpers who can be clever, silly or kind. They usually have someone who is from their family as well like a mother or father – for Stephanie it's her uncle Mayor Meanswell.

Every good story needs a baddie or a villain. The villain might just be a normal person who is greedy and mean or he / she might be a super villain with special powers or someone like Robbie Rotten.

2. What?

This means what kind of story is it and what happens. A story can be funny like in LazyTown or magical or scary. It can be like real-life or it can be in an imaginary world like outer space, Hogwarts or LazyTown. It could be about something that really happened or something that is made up or a mixture of the two.

What happens in a story is up to the storyteller or writer (that could be you!). Usually the characters have a problem and they have to find a solution to the problem; they might be poor and need to find some money like in Jack and the Beanstalk, or they might have to stop an evil villain from taking over the world like in Harry Potter. The hero and other good characters have to face a challenge or a test, which is what happens in LazyTown in Schools!

3. Where?

Where does the story take place? Is it in the real world or an imaginary world?

4. When?

This means is it the past, present or future? Most stories start 'Once upon a time,' so they could be any time. Star Wars is set in the past. Is LazyTown set in the past, present or future – what do you think? When can also mean what time of the year. Is it summer, winter, autumn or spring?
Is it a special time like Christmas?

5. Why?

This is about the message of the story. Stories usually try to tell us how to be good, strong and kind in different ways. LazyTown is about these things and about being healthy too. So we can learn things from stories. What things do you think you learn from stories that you know?

Storytelling Activities

Tell a joke!
The shortest type of funny story is a joke.
Do you know any good jokes?
In LazyTown in Schools jokes are part of a challenge that the kids face.
What are your best or worst jokes? Here are a few you might know:

Q. Why did the chicken cross the road?
A. To get to the other side.

Q. What's yellow and dangerous?
A. Shark infested custard

Knock Knock
Q. Who's There?
A. Boo.
Q. Boo who?
A. Please don't cry.

Knock Knock
Q. Who's There?
A. Doctor.
Q. Doctor Who?
A. Oh can I have your autograph!

Make a story up about yourself or a friend.
Start in the real world, maybe what you did in the morning and how you got to school, but then change things to the imaginary world and make something funny or magical happen, such as you got on the bus and it flew into the sky or you got to school and your teacher couldn't stop sneezing. Then think what happens next? How does it end – a good or a bad ending?

Choose an everyday object in a room, like a piano or a chair, and use it to help you think of a story.
Maybe the piano or chair is an entrance to an imaginary world like the wardrobe in The Lion the Witch and the Wardrobe. In LazyTown an airship flies you into LazyTown and then the adventure begins.

Storytelling in a circle.
In a group make a circle. Each person can only say one word as you go round the circle. See if you can tell a story that way together. After that you can try with one sentence each for a longer story. These types of stories are usually very silly but fun to try as a group!

Storyboarding
Creative drawing and writing/drama activity.
When you have an idea for a story it helps to put the important parts down on paper. A storyboard is a good way of doing this. Get a big piece of paper and draw six big squares of the same size on the paper. In each square you can draw something that happens in your story starting at the beginning. Underneath the square you can write in one or two sentences the action of the section / scene or you can write what your characters are saying to each other in the pictures. Don't write too much, just the most important things.

Bring your storyboard to life.
Use your storyboard to act out your story with a group of people. Copy the pictures as if they were photographs. Then you can make the photographs come to life with movement and talking.

Characters

Creative writing activity: Look at the characters seen in LazyTown in Schools.
Can you think of some new characters for LazyTown? Are they good, bad, clever or funny? What do they like to do? Are they happy, sad, lazy or energetic? Do they have a motto or a catchphrase like Stephanie, that is something they say a lot especially when they meet people or when they are in trouble? Such as "Hello everybody" or "I need energy now"? Write down these things about your character and then draw a picture of your character. What do they look like? Are they young or old, tall or short? What colour is their hair? Do they wear glasses or goggles or have a beard or moustache? What kind of clothes do they wear? Do they have anything that they carry around with them like a bag or a phone?

Creative drawing: Character consequences game
To play this you need to be in groups of three or four and have a big piece of paper and some pens and crayons. First the group decides on a character for LazyTown then they draw the character's head. Then they fold over the paper so the head cannot be seen except for the character's neck. Then they pass the paper to another group. Next they draw the body but not the legs and pass it on. The next group draws the legs and feet and maybe some background. Then pass it on to the next group to open up. This group can give the character a name that suits the way it looks. Names are very important as they can tell you a lot about a character like Sportacus or Robbie Rotten!

Being a character: Act it out!
Here are some drama activities to help bring your characters to life:

a. Walking – a good way to pretend to be a different person is to try to walk and move in the way the character would.

Think about the different parts of your body: feet, knees, hips, stomach, shoulders, head, nose and eyes. Now walk around as you normally do, then walk around with your feet going in front or leading, try walking fast and then slow with your feet going first – how does it feel, what kind of person walks like this? Now try again with a different part of your body. Try walking low – near to the ground and then up tall. Can you think of characters from stories or LazyTown who might walk this way?

b. Being a super hero. Sportacus has some super hero moves. He lifts up his arms and then down to the side, then one leg up with arms up again – like he is flying to the rescue. Can you do these moves? Can you think of other super hero moves? How fast can you do your super hero moves? Now try doing them in slow motion!

c. Being a super villain. Super villains like Robbie Rotten are never happy. They are always moaning and groaning and being greedy. You can see by their faces how miserable they are.

The funny faces game. Get into a group circle. One person starts and pulls a miserable villain's face – the person on the left copies the face and then thinks of a new villain's face to show to the next person, all the way round the circle. Can you think of any sounds to go with your grumpy faces or maybe an evil laugh? Go round the circle again and add some sounds to your facial expression.

d. Being a robot. Try making your body all stiff, with no bendy bits. Imagine you are a robot and walk around. How would you sit down? How would you run? How would you talk? How would you shake hands to say hello?

Arts and Crafts activity: Make your own robot.
You can make your own robot using different sized, empty cereal boxes, paper towel and toilet tissue rolls. Use the cereal boxes to make your robot's head, body, hands and feet and the rolls to make

your robot's neck, arms and legs. Make call cuts (1cm approximately) into the top and bottom of the rolls and "flower" them out so you can stick them to your robot's body and head more easily. Before you put your robot together paint your robot's body parts a good robot colour such as black, blue, gold or silver. Then you can use different paint colours or materials to help different parts of your robot's body, such as its eyes, nose, mouth and feet, stick out more.

e. Comedy. Lots of characters in LazyTown are funny like Robbie Rotten. They try to do things but they make mistakes and make us laugh.

A good way to be funny is to pretend to trip up or bump into something and fall over. The best way to fall over without hurting yourself is to bend your knees and fall on your bottom (it's soft) and not on your hands or knees (they are hard). Try and see if you can fall over in a funny way – practice slowly at first so you don't hurt yourself and make sure you have lots of space behind you!

What other kind of silly movements, faces or gestures make people laugh? Try the circle game above but this time with silly faces and sounds!

f. Costumes are the clothes a character wears.
If you have a dressing up box get it out and choose one thing, maybe a hat or a coat or something small like a scarf, put it on and see how it makes you feel. Now imagine a person who might wear it and try pretending to be that person. You can walk around in character saying hello to people and then sit down and pretend to have something to eat as if you were that person.

Places

a. Drawing activity: Map of LazyTown

LazyTown is an upside down, colourful, cartoon-like place. Can you think of different places that might be in LazyTown – like houses, a park, a school, shops, a sports centre, a hospital, the town hall? Get a big piece of paper and draw a map of LazyTown as if you were looking down from Sportacus' airship. Everyone can draw a different part until you have a complete picture.

You can use the same idea to draw a picture of a place in your own story or another story that you like.

b. Drama activity: Door to another place

This is a drama game that can help you bring your own made-up story to life. Think of a place where your story might happen – in a park, on the bus, in outer space, by the seaside, under the sea, in an aeroplane, in a supermarket, on a boat, the jungle, the desert, a forest, a castle, a bouncy place full of good things to eat.

Two people with an idea get up and pretend to open a magic door to their world. It is invisible so they have to use their body and their five senses to show what type of place it is without talking. Then other people can join in small groups as if they were in that place too. When you have a few people pretending to be in this place you can add sounds and talking and see if you all guessed where you are. Ask the people watching what they thought too.

Sportacus' Airship

Sportacus lives in an airship. Do you know what an airship looks like? An airship has been called a submarine for the sky. It is usually oval shaped and as big as a ship. Do you know how an airship works? An airship uses an engine to pump air around it and pushing air behind it so that it acts like a giant fish swimming through the air. It can be used to transport heavy goods and well as take people from place to place. Airships were used a lot sixty years ago but today they are rare.

a. Drama Activity: Being an airship.
In LazyTown Live the audience gets to pretend they are in an airship. Get into groups and make the oval shape of an airship. Now imagine you are flying up into the air and moving forward. Can you move together as if you are an airship. What kind of sound do you think an airship makes as it swims through the air. As a group make some sounds and add them to your movement.
30-second challenge! Now try becoming other flying objects in just 30 seconds (or longer if you need too!) An airplane, a hot air balloon, a kite. What shapes and sounds will you need to make?

b. Art Activity: Draw or paint an airship.
Sportacus' airship is blue and white like his costume. Imagine you had your own airship. Draw or paint it. Which colours? Would it have any pictures on it like large aeroplanes sometimes do?

Healthy Lifestyle, Healthy Choices

Sportacus says: "NEVER GIVE UP"

Exercise and Sport

What kind of exercise and sport do you enjoy?

a. Drama activity: Name pose
Go around in a circle, each person in turn saying their name and then doing a big, full pose to show their favourite type of sport or exercise. After each person the rest of the group can say their name and copy their pose back.

b. Ball Game: Keepy Uppy
In football you play this game usually on your own. Try playing it in a group with a bouncy soft ball. Throw the ball in the air and then as a group try and keep the ball in the air by hitting it with your hands like volleyball. Each time the ball goes up count and see how many counts you can get before the ball drops.

c. When you exercise it is important to warm up your body, usually with lots of stretches and then a few jumps or jogging.

Sportacus has a special warm up. It goes like this: Stretches, press-ups off the back of a chair and running on the spot.

Exercise challenges!

What kind of acrobatics or exercise can you do?

a. Can you do a forward roll or a cartwheel or maybe you are good at skipping? How many can you do in a minute?

b. Drama game: Why don't you try a slow motion race? You have to keep moving as if you are running but as slowly as you can. The person who comes in last is the winner!

c. Exercise game: Play Simon Says (a game where you do whatever actions the leader tells you to do but only if the leader says: "Simon Says" first) but change it to Sportacus Says: and do lots of different exercise movements!

d. Drama activity: A small group of up to six people makes a "photograph" or "still picture" of some lazy people. The rest of the group has "three wishes" or ideas on how to change the photograph to one of "energetic" people! Everyone has to think about how our bodies and faces look when we are lazy and then when we are energetic!

Cool Down Exercises: After exercise or sports it is important to relax. These exercises can also help you to be more aware of the different parts of your body.

a. Lie on the floor and close your eyes. The leader then talks quietly and talks through the different parts of the body telling the others to relax like this: "Relax your feet, your feet are relaxed, relaxed your legs, your legs are relaxed and so on up to your head and even your face and then finally says: relax your whole body, your whole body is relaxed. The leader can then play some relaxing music for a few minutes. After relaxing like this it is important to stretch your arms, legs and face as if you are waking up in the morning and to get up slowly.

b. In a group shut your eyes and try not to make any sounds for one minute. The leader can time one minute exactly. The group must listen for the sounds around them in the room and inside their bodies. These are the sounds that are always there but we do not always hear them because we are making too much noise or are busy doing things. The group might hear the sound of breathing, their heart beating, a door bang, the wind blowing outside. After a minute of quiet listening the leader asks the group to open their eyes and tell them what sounds they heard.

Dancing

Dancing is a fun way to exercise. Stephanie loves to dance.

Here are some warm-ups and drama games to get you in the mood for dancing:

a. Silly / Stop – Be as silly as you can with your bodies and voice, on your own, on the spot, but as soon as the leader says "Freeze" you freeze right away, not a second too late.

b. Stop / Go – When the leader says Go! You walk around the room. When the leader says Stop! you stop. Once you get used to doing it – it changes! Now Go means Stop! And Stop means Go! If you are good at this game you can add in a Jump! and a Clap! and then change them round too!

c. Groups – Walk around the room, when the leader calls out a number such as Two, Four or Five get into groups of that number as quickly as you can. A good number to try as a test is One!

d. Group movement – In groups make a shape or movement for whatever comes into your head when the leader calls out these words: ROUND! SPIKEY! CURVED! Or different ideas like: Popcorn popping in the microwave! Ice cream melting on a sunny day! Clothes in a washing machine!

e. Puppets – In pairs. B is a puppet and A controls B with invisible strings on different parts of B's body. What can A make B the puppet do? Then swap over so A is the puppet.

f. Using your body – In a big group move around thinking how your body would move in different places – steaming jungle, in the water, on the moon, on hot sand, in mud.

Dance steps
Here are some different movements you can use when dancing to try out:

a. Walking, skipping, galloping, hopping, running, turning, bending, crawling, tip toes, jump kicks, sliding from side to side and stretching.

b. Creative dance activity: Repeat. All together. Different.

Try moving using the steps above in different ways.
- Repeat: repeat a step a certain number of times like three then stop and change to a new step.
- All together: Choose a leader and copy the moves the leader does working as a group.
- Different: Choose a step you like best and start moving, everyone in the group should try to do a different type of step, after a few seconds the leader shouts CHANGE and you do a new step.

Different types of dancing
Here are some simple movements and steps you can use to different types of music.

a. Cowboy/girl
Step and kick, slap on knees, sways, hands on hips and stamps, jump kicks, kick the dirt movement, gallops, skips, dancing in lines, dancing in circles with a partner.

b. Rock 'n' Roll
Claps, twirls, jumps, kicks, twists, clicks, jogs on spot, under arms dancing with a partner and hand jives – getting your hands and arms to dance!

c. Bollywood
Hands in prayer position moving up and down, head shaking, hands in flower shapes twirling, hand circles, arms swaying, pointing side to side with different body parts such as hands or knees, moving round in a circle as a group, shaking shoulders and moving forwards and backwards.

d. Ballet
Pointing toes in different positions, bending legs up and down, jumps, pointing toes, twirls and jumps, arms up and to the sides in different positions, curtsies and bows.

e. Acrobatic / Break dancing
Use different acrobatic moves to dance. Dance with different parts of your body on the floor.

f. Disco
Wiggling and shaking body and arms, walking, running, jumping, twisting.

g. Freestyle
Use everyday movement in dance. A good idea for this is movement from different sports such as a football movement dance or a swimming movement dance! Find some music or a song that fits with this type of movement.

Movement that tells a story
What is the story of your dance or poem? What movement or poses help to tell that story? Try and fit them in to your dance.

Do you know any other type of dancing? Like Irish dancing or tap dancing?

Singing

Stephanie loves to sing and dance. Singing can be fun too! It's good exercise for your voice!

Singing is also about rhythm – if you don't like singing you can always rap, just find a beat and some rhymes. Songs are like poems with music!

Here are some warm ups and games to get you in the mood for singing or rapping!

a. Tongue twisters: What tongue twisters do you know? How fast can you do them without making a mistake!
Peter Piper picked a pepper, where's the pepper Peter Piper picked?
She sells seashells by the seashore.
Unique New York, Unique New York!

b. Humming: Try humming high and low sounds. Then touch your head, nose, mouth, neck and chest to see if you can feel your hum!

c. One person makes a sound like HA! and does a movement to go with it like a KICK! Everyone else copies the sound and movement! This can be a bit like doing karate or kung fu!

d. Clapping game: Make a circle and send a clap around the circle. One person starts and turns to the person on their left, claps once and says 'zip' loudly. The next person does the same and so on until the clap and the zip come back to the first person. You can send a clap to a person across the circle too, just say 'zap' instead. See how fast you can go without stopping.

e. Creative singing and dancing activity:
Here is a song from Lazytown in Schools: **"No one is Lazy in Lazytown"**

Even if you know the tune, can you do this song as a rap?
Can you think of some dance moves to go with the song too?

WHEN I MOVE – I'M FEELING ALRIGHT.
BING BING BANG AND I'M READY TO GO.
JUMP HIGH – FROM LEFT TO RIGHT
AND YOU'LL BE GOING STRONG!

FIND THE BEAT N' EXPRESS YOURSELF.
YOU'RE RACING LIKE A TRAIN
LIKE A HUMAN HURRICANE AND WE SAY

GO GO GET IT TOGETHER
NO ONE'S LAZY IN LAZYTOWN
HEY HEY SING IT TOGETHER
NO ONE'S LAZY IN LAZYTOWN

FIND THE BEAT N' EXPRESS YOUSELF
SHOW THEM WHO YOU ARE
SHOW THEM YOU'RE A SUPERSTAR

f. Singing and dancing challenge
Do you have a favourite song or poem?
Can you sing or rap it with some different dance moves?

Food and Drink

It's important to try and eat at least five different types of fruit or vegetables in a day. Sportacus calls fruit and vegetables Sports Candy and they give him energy. Sugar in sweets and chocolate send Sportacus to sleep. Sportacus' favourite vegetable is carrot and his favourite fruit is bananas.
What are your favourite fruit and vegetables?

A good lunch box!
What do you think makes a healthy lunchbox? What kind of fillings do you like in your sandwiches? Here are some ideas:

Cheese and tomato, salad with ham, hummus and sprouts, cucumber and chicken, lettuce with tuna or any tinned fish, yogurt and cucumber, mashed hard boiled eggs with salad. If you don't eat bread you can have rice or pasta salad instead.

What else could you have?
It's good to drink water or fresh fruit juice (with no added sugar). What kind of fruit juice do you like? How many glasses of water do you drink in a day?

Fruit and vegetable quiz
Can you name a fruit or a vegetable for every letter of the alphabet?
Can you name a fruit or vegetable for every colour of the rainbow?

Seasons
What time of year are apples ripe and ready to be picked from apple trees?
What time of year are strawberries ripe and ready to be picked from strawberry bushes?

What vegetable can also be found in a cake? Clue: Sportacus loves this vegetable!

Fruit and vegetable activity games

a. Fruit bowl

Everyone sits on chairs in a circle. Four fruits are chosen and everyone is labelled round the circle with one each. One person stands in the middle of the circle and calls out one of the fruits, these people move places and the person in the middle tries to sit down in an empty seat. The last person left standing then calls out the next fruit. If the person in the middle says: "Fruit bowl", then everyone must change places! This game is a bit like musical chairs!

b. Apple apple banana

Sit in a circle. One person walks around the outside of the circle tapping each person on the head saying: "Apple." When they say "Banana" the person who has been tapped then has to chase them round the circle trying to tag them before they get back to the empty place in the circle. This is a fun game to play! Try and make sure as many people as possible have a go!

c. Drama activity: Carrot conversation.

In pairs one person asks the other person different questions about themselves, like: How are you today? What is your favourite food? Have you got a brother or sister? The other person can only answer: "Carrot" but can say it in different ways with different meaning, like "Hmmm, carrot" or "CARROT!"

Recipes

Here are some easy ideas for eating fruit and vegetables to try at school or at home with a grown-up helper:

a. Fruit kebabs – Get some wooden kebab sticks. Chop up your favourite fruit and make some fruit kebabs!

b. Fruit salad – Chop or grate your favourite fruits and mix them up together!

c. Smoothies – put your favourite soft fruits such as mango, orange and banana in a blender and enjoy a delicious drink! You can also add yogurt or milk to your smoothie to make it creamier.

d. Pizza – Get a ready-made pizza base, put some tomato puree on and some grated cheese. Then chop up your favourite vegetables (like red or green peppers, sweet corn, olives, onions, fresh tomatoes, or even courgettes) to add to the pizza. You can make your own patterns and shapes on the pizza – you could even make a pizza face!

Helping yourself and helping others

Drama activity: Act it out!
This works well if the teacher is the leader and "in role".

a. Lazy. The leader pretends to be a very lazy person who likes eating burgers and watching TV all day (like Robbie Rotten!). Everyone else has to ask the leader questions about why they are so lazy and try and persuade them to do something healthy and energetic! It's up to the leader to decide what will make the lazy person change.

b. Friendship. The leader pretends to be someone who is new to the group and is very shy. Maybe they are from a different country and English is not their first language or they have been bullied before and they are nervous. Everyone else tries to help the person not to be so shy and join in with the group. See what ideas the group has to help this shy person.

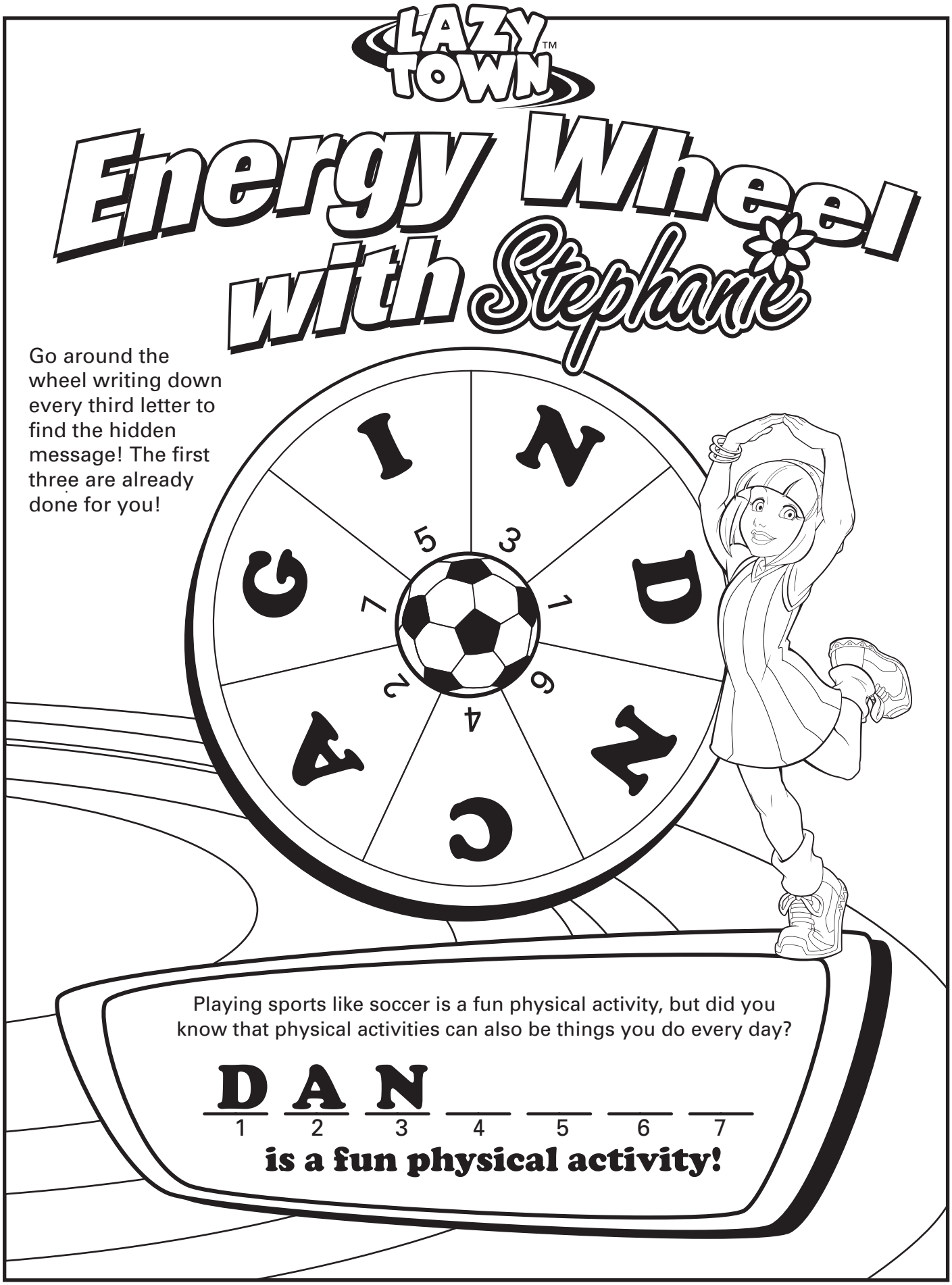
Healthy Lifestyle Challenge!

Could you be a super hero? Here is an activity to help you find out:

The Good Energy Chart

Get a large piece of paper and draw a table with the seven days of the week going across in rows and with six columns going down with the words below at the top:
Food (Five fruits or vegetables), Drink (3 glasses of water) Clean Teeth (Morning and Night), Sleep (In bed early), Exercise (Sport / Dance), Helping People
Give yourself a star if in whichever category you do well in that day. Be honest!
At the end of the week count up your stars and see how well you have done!

Fair – up to 24 stars
Good – 25 to 30 stars
Very good – 31 to 39 stars
Excellent – 40 to 49 stars


LAZY TOWN™
Energy Wheel with Stephanie
Go around the wheel writing down every third letter to find the hidden message! The first three are already done for you!
I
N
D
N
C
A
G
1
2
3
4
5
6
7
Playing sports like soccer is a fun physical activity, but did you know that physical activities can also be things you do every day?
D A N
1 2 3 4 5 6 7
is a fun physical activity!

LAZY TOWN™

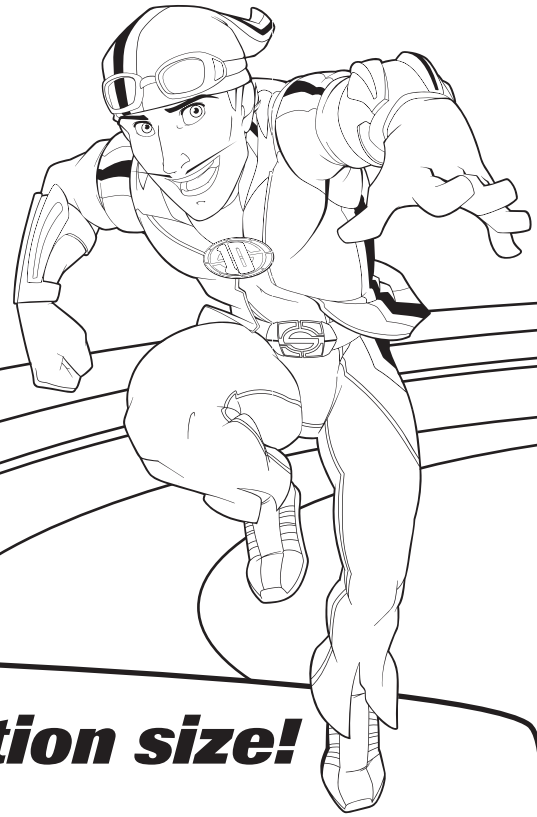
Mystery Math with Sportacus

Can you help Sportacus solve the puzzle? Do the math and fill in the spaces below with the correct words to discover the helpful mystery message!

3 + 6 = ____ **EAT**

2 - 0 = ____ **SHARE**

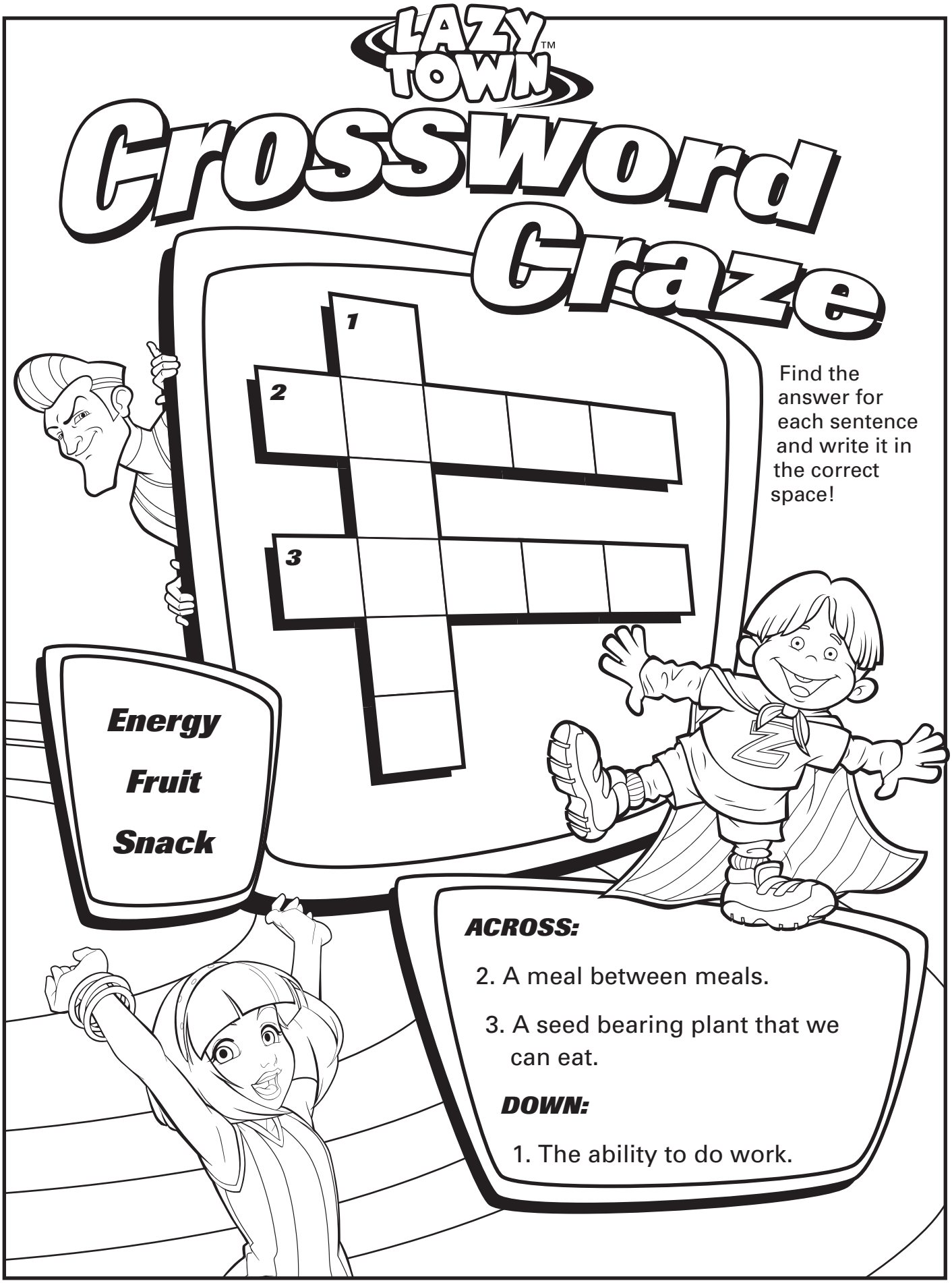
4 + 1 = ____ **SAVE**



Be aware of portion size!

If you get a big portion size, you can _____ it,
2

_____ it or don't _____ it!
5 **9**


LAZY TOWN™
CrossWord Craze
1
2
3
Find the answer for each sentence and write it in the correct space!
Energy
Fruit
Snack
ACROSS:
2. A meal between meals.
3. A seed bearing plant that we can eat.
DOWN:
1. The ability to do work.

LAZY TOWN™ Take Ho

My Energy Guide

Hi Kids!

Here is an activity that you can do with your parents. Eating healthy food and doing physical activities every day are really important. Follow these steps and let's see how well you can do.

- Agree on and sign the contract.
- Go to the store together and buy some healthy foods and snacks.
- For one day put a check in the box for each item you eat or complete.
- Add 10 points for each checked box. Subtract 40 points if you eat candy.
- At the end of the day, add your points to find your energy score.

Energy Contract

We, the undersigned, make the following contract.

_____ is going to eat healthy food which will boost his/her energy levels. If the above person fulfills the Energy Contract, he/she may have one wish granted.

The wish is: _____

Place: _____

Date : _____

Child's signature: _____

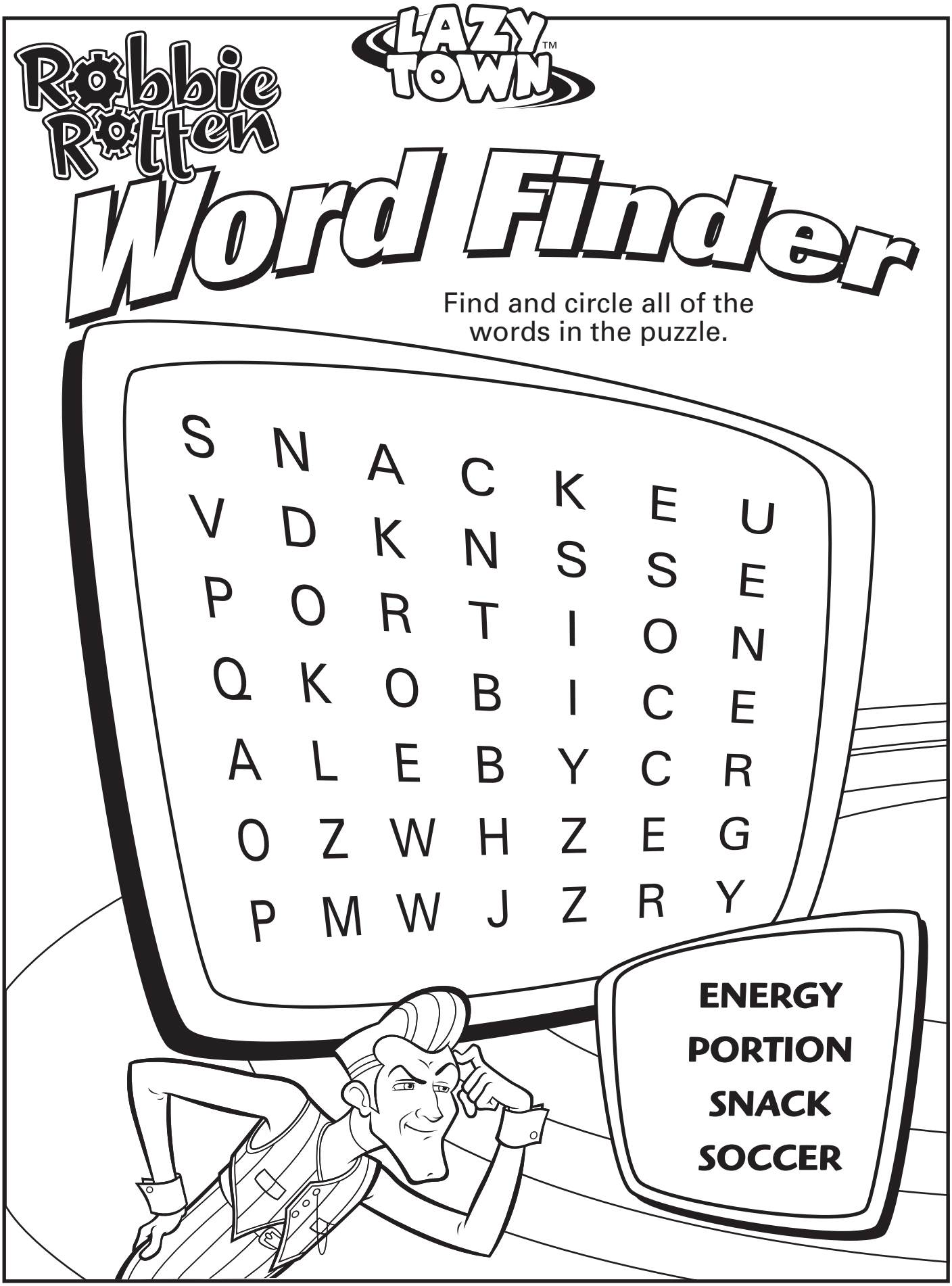
Parent's signature: _____

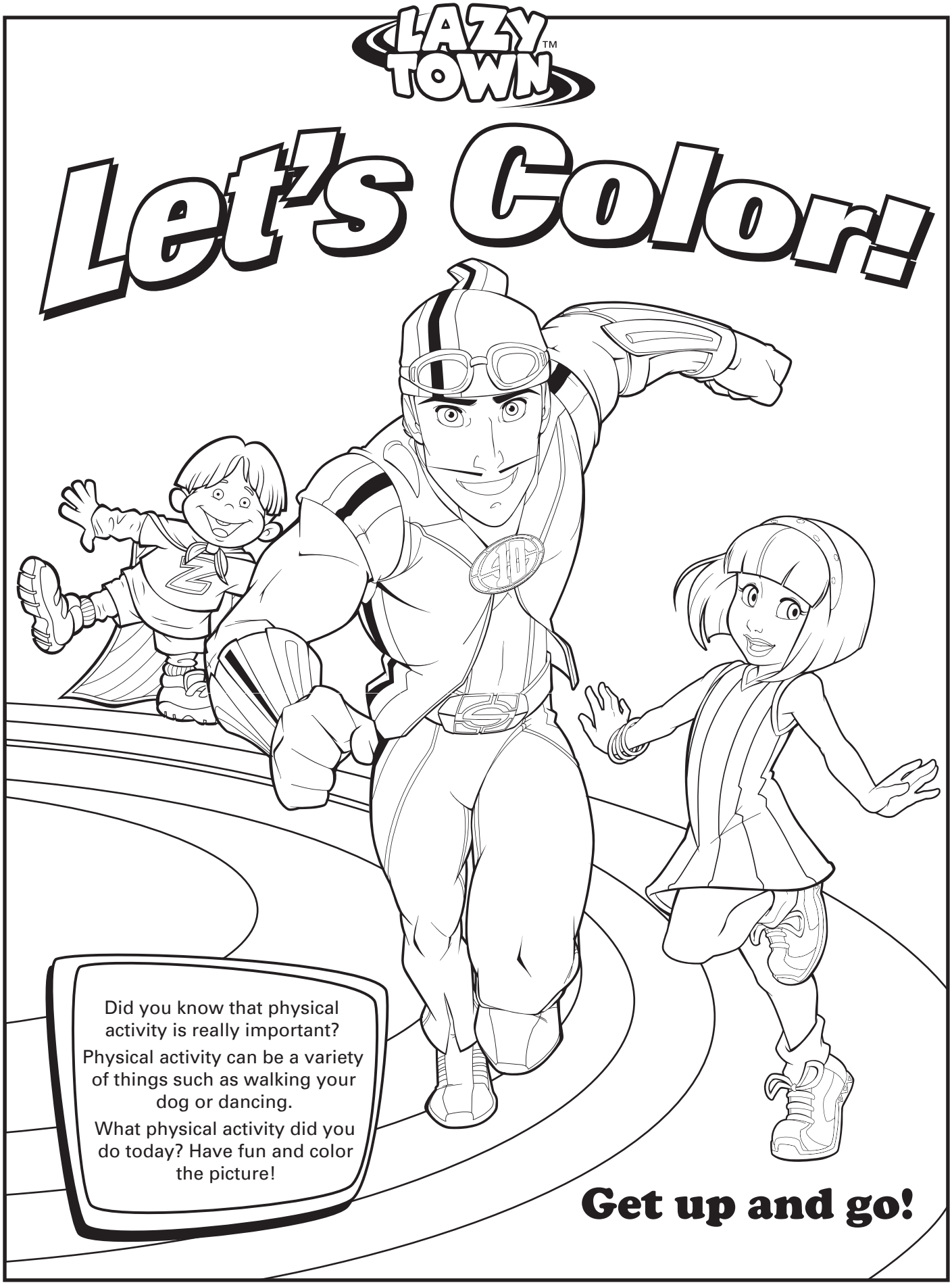
ome Activity

My Energy Score

Water							+
Fruits & Vegetables							+
Dairy							+
Breads & Cereals							+
Hot Meals							+
Vitamin							+
Brushing Teeth							+
Tidying Up							+
Early To Bed							+
Physical Activity							+
Candy							-
Your Energy Number							=

Add up all of your points to find your energy number. Each box you check is worth 10 points with the exception of the candy category. If you eat candy, subtract 40 points. See if you can get up to 250 points. Can you get an even higher number?


LAZY TOWN™
Robbie Rotten
Word Finder
Find and circle all of the words in the puzzle.
S N A C K E U
V D K N S S E
P O R T I O N
Q K O B I C E
A L E B Y C R
O Z W H Z E G
P M W J Z R Y
ENERGY
PORTION
SNACK
SOCCER


LAZY TOWN™
Let's Color!
Did you know that physical activity is really important?
Physical activity can be a variety of things such as walking your dog or dancing.
What physical activity did you do today? Have fun and color the picture!
Get up and go!

LAZY TOWN™

Fun Facts with Stephanie

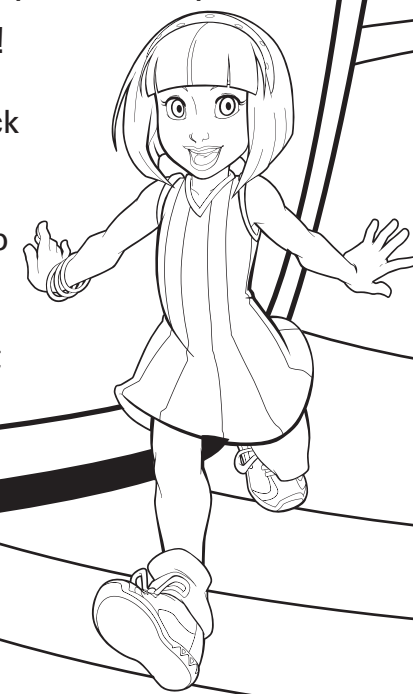
Read the paragraph and then answer the True/False questions below. Be sure to ask an adult if you need help!

When you get hungry between meals, make sure you have a healthy snack. Fruit, also known as sports candy, makes a great snack and gives you energy to stay active. Grapes, carrots, apples, and pears are just a few examples of great sports candy snacks! Remember that eating right and getting daily physical activity will keep you healthy and can even help you do better in school!

T / F 1. Sports candy is a healthy snack between meals.

T / F 2. Daily physical activity can help you do better in school.

T / F 3. Grapes and lollipops are great



Answers: 1. T 2. T 3. F