



INFORMATION SHEET

FROM MAY 1 TO 22, 2023

WHAT? A challenge where participants must engage in physical activities as much as possible at school and at home.

WHEN? From May 1 to 22, 2023.

WHO? All students from kindergarten to sixth grade. To collect even more Cubes, children are encouraged to engage in physical activities with other immediate family members: siblings, parents and grandparents. School's staff members are also invited to participate with their spouse and children.

HOW? Each 15 minutes of physical activity earns you 1 Energy Cube. Each time a student or a staff member **ENGAGES** in a physical activity with one or more member of his immediate family, he collects 1 extra Energy Cube per family member to his record.



**Energy
Cube**



**15 minutes of
physical activity**

THE GRAND PRIZE :

AN UNFORGETTABLE DAY OF FESTIVITIES,
DIRECTLY DELIVERED TO YOUR SCHOOL THROUGHOUT FALL 2023!

17 schools from all across Quebec will be treated to an exclusive day of unique activities and surprises. Students and their teachers will also all receive a pair of running shoes! We're coming to have fun in your schoolyard! *

SURPRISES FOR THE WHOLE SCHOOL!

A VISIT BY THE SPACE VEHICUBE: a full day of entertainment during the 2023-2024 school year aboard the Vehicube's "refuelling capsule" and "training module".

* One school per administrative region will be randomly selected on May 30.

GREAT NEWS! Free student logbooks will be sent directly to your school while supplies last.

For more information: [ENERGYCUBES.CA](https://energycubes.ca)