



# MINISCUBES ON AN ADVENTURE

APRIL 28<sup>TH</sup> TO MAY 19<sup>TH</sup> 2025



le grand  
**DEFI**  
PIERRE LAVOIE

Energy  
**CUBES**  
CHALLENGE



**Name:** \_\_\_\_\_

**Class:** \_\_\_\_\_

**School:** \_\_\_\_\_

**Goal:** My family and I would like to \_\_\_\_\_

*Examples: do 1 outdoor sport a week, walk home from school the whole Challenge, etc.*

For more information and  
ideas to get moving visit  
**ENERGYCUBES.CA**

**WHAT?** Your goal during the Energy Cubes Challenge is to MOVE while having the maximum amount of FUN both at school and at home.

**WHEN?**  
April 28<sup>th</sup> to May 19<sup>th</sup>, 2025

**WHO?** The Challenge is open to all elementary school students, from kindergarten to grade 6. To accumulate more Cubes, we encourage you to MOVE WITH one or more members of your immediate family (parents, grandparents, brothers and sisters).

**HOW?**



**Energy Cube = 15 minutes of continuous physical activity**

Every 15 minutes of physical activity you do without stopping equals 1 Energy Cube. If you MOVE WITH a member of your immediate family, you accumulate 1 additional Cube for each person who joins you.

The complete version of the rules is available on **ENERGYCUBES.CA**









# WEEK 1

APRIL 28<sup>TH</sup> TO MAY 4<sup>TH</sup>

Moving for 15 min = 1 Energy Cube



## Challenge of the week:

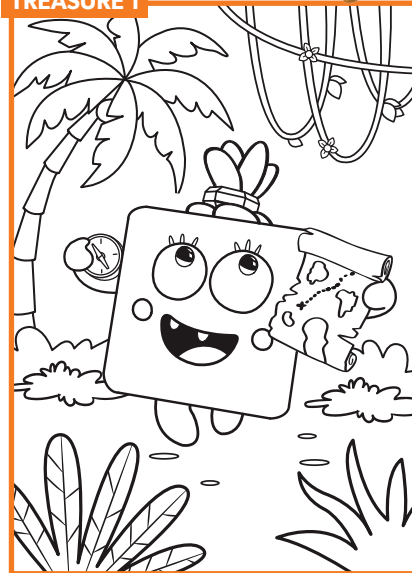
Go out for a walk and spot one element in each color of the rainbow.



1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80

81	82	83	84	85
86	87	88	89	90
91	92	93	94	95
96	97	98	99	100
101	102	103	104	105
106	107	108	109	110
111	112	113	114	115
116	117	118	119	120

## TREASURE 1



Color me in when you've completed the Challenge.

Total number of  
Cubes collected  
this week:



Colour in 1 Cube for every 15 minutes of physical activity you took part in.  
Don't forget to count the Energy Cubes for members of your immediate family who moved with you.

Parent's  
signature: \_\_\_\_\_





Moving for 15 min = 1 Energy Cube



Challenge of the week:

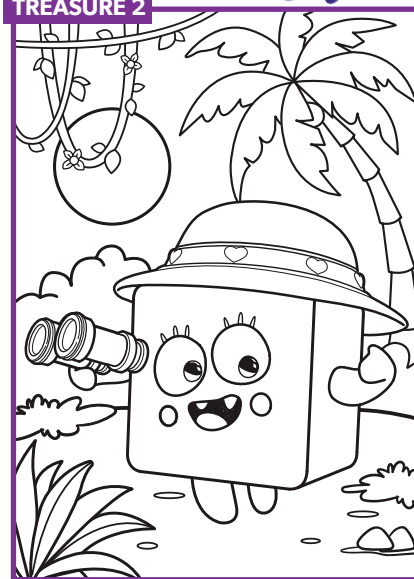
Move with your family 1 time this week.



1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80

81	82	83	84	85
86	87	88	89	90
91	92	93	94	95
96	97	98	99	100
101	102	103	104	105
106	107	108	109	110
111	112	113	114	115
116	117	118	119	120

## TREASURE 2



Color me in when you've completed the Challenge.



Colour in 1 Cube for every 15 minutes of physical activity you took part in. Don't forget to count the Energy Cubes for members of your immediate family who moved with you.

Parent's signature: \_\_\_\_\_

Total number of Cubes collected this week:







**WEEK 3**  
MAY 12<sup>TH</sup> TO 19<sup>TH</sup>

Moving for 15 min = 1 Energy Cube



**Challenge of the week:**

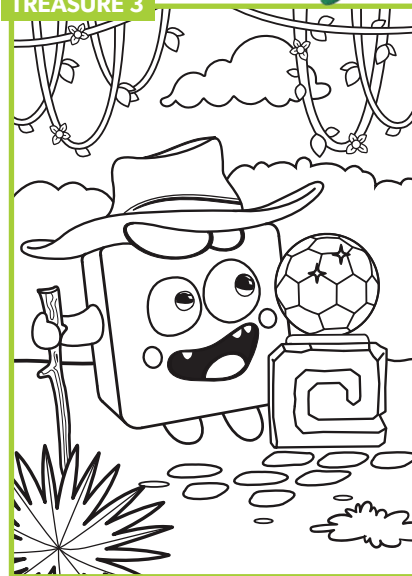
**Try 5 different physical activities this week.**



1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80

81	82	83	84	85
86	87	88	89	90
91	92	93	94	95
96	97	98	99	100
101	102	103	104	105
106	107	108	109	110
111	112	113	114	115
116	117	118	119	120

**TREASURE 3**



Color me in when you've completed the Challenge.



Colour in 1 Cube for every 15 minutes of physical activity you took part in.  
Don't forget to count the Energy Cubes for members of your immediate family who moved with you.

Parent's signature: \_\_\_\_\_

**Total number of  
Cubes collected  
this week:**





## A SPORTING ADVENTURE

We, Minuscubes, love going on expeditions! By moving, we develop a panoply of new talents.



Now it's time for your 2<sup>nd</sup> riddle!  
Spot the 8 differences between  
the two pictures!



Great work! What's your own way of getting active?

## CUBE'O-SPLASH!

When we move, we sweat and lose a lot of water.  
Our hydration drink of choice? WATER!



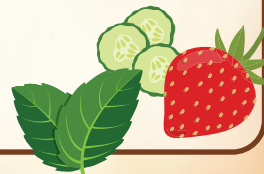
Now show me your cooking skills:  
concoct a super-tasty water to put in  
your lunchbox!

### Preparation:

Fill  $\frac{1}{4}$  of your water bottle with chopped fruit, vegetables  
or herbs. Add water to fill your bottle.  
Leave to infuse overnight!

### Favorite combinations:

Pink drink: frozen strawberries  
Refreshing: cucumber + mint



For the complete recipe, visit [energycubes.ca](http://energycubes.ca)  
in the **Healthy Eating** section.



## TO WIN AN EXTRAORDINARY ACTIVE PARTY!

WHERE? DIRECTLY AT YOUR SCHOOL IN THE FALL OF 2025.

17 winning schools from across Quebec will be treated to a sensational party full of surprises and extraordinary activities.

**Move, have fun and celebrate right in your playground!\***



### 2<sup>ND</sup> PRIZE TO BE WON: A VISIT BY THE SPACE VEHICUBE!

An unforgettable day of entertainment and fun during the 2025-2026 school year, in a completely different universe!

\* One school per administrative region will be randomly selected. The draw will take place on May 27<sup>th</sup>, 2025.



Students from the winning schools and their teachers will all receive a pair of running shoes.



## ★ CERTIFICATE ★

This certificate  
shows that \_\_\_\_\_

and his/her family have accumulated \_\_\_\_\_ Energy Cubes.

### CONGRATULATIONS!

*Pierre Lavoie*

Pierre Lavoie

Teacher's signature





le  
grand  
DÉFI

PIERRE LAVOIE



IN COLLABORATION WITH:

Québec



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LEARN MORE:

**ENERGYCUBES.CA**