

MINISCUBES ON AN ADVENTURE

APRIL 28TH TO MAY 19TH 2025



INFORMATION SHEET

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

WHEN? From April 28th to May 19th 2025.

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 EXTRAORDINARY ACTIVE PARTY,
DELIVERED DIRECTLY TO YOUR SCHOOL THROUGHOUT FALL 2025!

17 winning schools from across Quebec will be treated to a sensational party full of surprises and extraordinary activities. Students from the winning schools and their teachers will all receive a pair of running shoes! *

SURPRISES FOR THE WHOLE SCHOOL!



2ND PRIZE TO BE WON: A VISIT BY THE SPACE VEHICLE!

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 on May 27th.

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

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