



APRIL 27<sup>TH</sup> TO MAY 18<sup>TH</sup>, 2026

# THE ODYSSEY OF MINUSCUBES



## 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 27<sup>th</sup> to May 18<sup>th</sup> 2026.

**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 VEHICUBE!**  
An unforgettable day of entertainment and fun during the 2026-2027 school year, in a completely different universe.\*

\* One school per administrative region will be randomly selected. The draw will take place on May 28<sup>th</sup>, 2026.  
\*\* Presents in the fall of 2026.

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

For more information: [ENERGYCUBES.CA](http://ENERGYCUBES.CA)