

le grand
DÉFI
PIERRE LAVOIE

Energy
CUBES
CHALLENGE

APRIL 27TH TO MAY 18TH, 2026

THE ODYSSEY OF MINUSCUBES





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

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 27th to May 18th, 2026

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**



YOUR ADVENTURE BEGINS HERE!



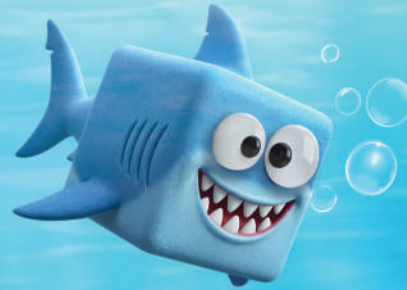
Our world is bursting with color and life thanks to Energy Cubes! A greedy shark has landed in our village and has started devouring every Cube in sight. We need your help to bring our world back to life! Your goal is to collect LOTS of Energy Cubes so that our world can become sparkling and colorful again!



PSST!

If you can also give the shark some nutrition tips so that it changes its diet, that would be great!

THE CODES OF A BALANCED DIET



The greedy shark must learn how to build a nutritious meal! Solve the puzzles to reveal the components of a balanced meal.

SECRET CODE

A=┐ B=└ C=┌ D=┘ E=□ F=┌ G=┐ H=┐ I=┐ J=┐
K=└ L=└ M=└ N=□ O=□ P=┐ Q=┐ R=┐ S=√ T=<
U=^ V=> W=√ X=< Y=^ Z=>

- $\square \square \wedge \square < \vee$ and $> \square \square \square < \square \square \square \square$
- $\vee \square \square \square \square \square \square \square \square \square$ products
- $\square \square \square < \square \square \square$ foods
- Describe your favorite meal! _____



WEEK 1

APRIL 27TH TO MAY 3RD

Moving for 15 min = 1 Energy Cube



Challenge of the week:

Do an activity with 5 friends or family members.



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:





WEEK 2

MAY 4TH TO 10TH

Moving for 15 min = 1 Energy Cube



Challenge of the week:

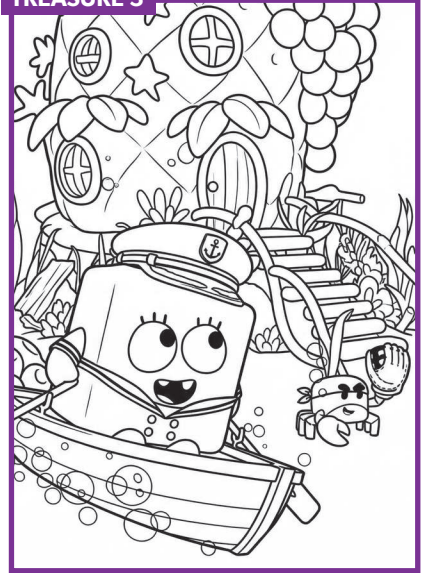
Try a new sport or game this week.



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:





WEEK 3

MAY 11TH TO 18TH

Moving for 15 min = 1 Energy Cube



Challenge of the week:

Do a relaxing physical activity.



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

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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:



DIVE INTO AN ADVENTURE!

Do you have good underwater vision?
Find the 7 differences to prove it!



Great work! And you, what's YOUR way of getting active?

IT'S FANTASMOOTHIC!

Circle the bubbles of the ingredients you choose and reuse your colors
in the blender to create your perfect recipe!



For more recipes, visit the site
energycubes.ca in the **Healthy Eating** section.



TO WIN AN EXTRAORDINARY ACTIVE PARTY!

WHERE? DIRECTLY AT YOUR SCHOOL IN THE FALL OF 2026.

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!*



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

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 28th, 2026. ** Presents in the fall of 2026.



CERTIFICATE

This certificate shows that _____

and his/her family have accumulated _____ Energy Cubes.

CONGRATULATIONS!

Pierre Lavoie

Pierre Lavoie

Teacher's signature



le
grand
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PIERRE LAVOIE

IN COLLABORATION WITH:

Québec 



FÉEPEQ

LEARN MORE:

CUBENERGIE.CA