

# THE ACE SHOW



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

Grade/Class: \_\_\_\_\_

## EPISODE 7:

# ACTIVE & AWESOME

Hey, kids! There's nothing better than taking care of your mind and body while having fun! As we discussed today, getting **60 minutes of daily exercise** does wonders for your mental and physical health. Let's talk about it!

Name **ONE** benefit of being active Ace mentioned today.

**Hint:** Activity boosts your immune system, making you less likely to get sick.

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What are **THREE** of your favorite, fun ways to get exercise?

**Example:** Playing kickball at recess is a blast!

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List **ONE** way you can get active today, at school or at home.

**Example:** Walking your dog after school is a great way to be active.

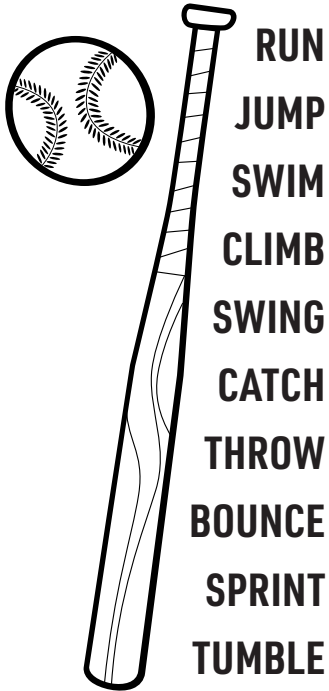
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# AWESOMELY ACTIVE WORD SEARCH

Find the fun activities listed in the word search below. They may be found forward, up-and-down or diagonal. Are any of these activities you enjoy?



C	E	C	L	I	M	B	R	M	S	L	O	N
R	G	Q	A	Y	N	C	O	W	W	E	X	S
C	G	T	G	R	S	B	T	U	I	N	A	W
J	A	B	J	U	M	P	H	R	N	Y	G	I
U	L	T	O	N	A	N	R	E	G	C	Q	M
X	A	Y	C	F	Z	O	O	I	C	O	E	A
M	N	X	K	H	L	N	W	V	N	P	T	C
S	T	U	M	B	L	E	R	R	Y	T	R	H

## SUIT UP!

Design and color a jersey for your team. What's the team name?  
What activity do you do together?



## DID YOU KNOW?

- Between 1900-1920, **Tug of War** was an Olympic sport!
- The average distance a person walks in their lifetime is equal to **4 times around the world!**
- Bowling was invented in Egypt more than **5,000 years ago!**
- In Thailand, **kite-flying** is a professional sport!

