

Virtual ACES Day

Adventure Around Michigan

This is a fun, creative game to get children moving with a Michigan theme, and multiple children can participate in this activity at the same time.

Materials Needed

- Camera – any kind of digital camera that you can take pictures
- OR**
- Drawing materials (paper, pencil, crayons, etc.) that either you or someone can use to illustrate your adventure
 - Another person or a group of people to help you
 - Your Imagination

8 Tasks

You are on an adventure exploring Michigan, and you have to complete eight tasks to complete your journey.

- You can choose to do the tasks alone or do them with another person or a group.
- You will need to pick one companion to document your trip, either a photographer or an illustrator. Whoever you chose, they will document you doing each task either by taking a picture of you in action, or by drawing you in action.
- At the end of your journey, gather your photos or drawings
- Share your photos or drawings with your teacher, family or post to Michigan Fitness Foundation's Virtual ACES Day Facebook event page

Repeat each task to match your age. For example, if you are 6, then you do the activity 6 times, if you are 8, you do the activity 8 times.

Task 1

You are at Boyne Mountain and super excited to get to the top of the mountain so you can zoom through the treetops on the Twin Zip Ride. But, the only way to get to the top of the mountain is by doing knee highs.

- Do the number of knee highs that match your age.
- Remember to have your photographer take a picture of you doing your knee highs, or have your illustrator draw you doing your knee highs.
- Once you are done, you are magically transported to the top of the mountain, and whoosh, you are ziplining back down to the bottom.



Congratulations, you are an adventurer!



Task 2

Its early in the morning and you wake up to find you have been transported to Tahquamenon Falls State Park, home of Michigan's largest waterfalls. To get to the overlook to see the waterfall, you have to cross a dirt trail with a super mucky yucky puddle. A Snowy Owl flies down and tells you the only way to cross the mucky puddle without getting dirty is by doing crab walks across it.



- Do one crab walk for each year you are old.
- Remember to have your photographer take a picture of you doing your crabwalks, or have your illustrator draw you doing your crabwalks.
- Once you are done, like magic, you are transported past the mucky puddle without a spec of dirt on you and have made it to see the beautiful waterfalls.

Congratulations, you are crabtastic!

Task 3

You are at the blueberry farm in Saginaw. It is the most beautiful farm you've ever visited. You decide to go running through rows and rows of beautiful blueberry bushes out past the big red barn. Then, you start getting thirsty and like magic, Lars the miniature horse gallops over to you and whispers in your ear that if you do kick butts back to the big red barn, he'll run back with you because he is thirsty too.



- Do one kick butt for each year you are old.
- Remember to have your photographer take a picture of you doing your kick butts, or have your illustrator draw you doing your kick butts.
- Once you are done, like magic, you are transported right into the big red barn. Now get yourself a good drink of water and offer one to Lars too.

Giddy up, and congratulations!

Task 4

You are at the Chippewa Nature Center in Flint and as you walk by the pond filled with fish and frogs and turtles, Prince the frog jumps over to you and invites you to go floating on his lily pad. But, before you can jump on, he says you have to strengthen your stomach muscles by doing your age in crunches so you can float better.



- Do one crunch for each year you are old.
- Remember to have your photographer take a picture of you doing your crunches, or have your illustrator draw you doing your crunches.
- Once you are done, Prince helps you onto his lily pad and the two of you go gliding across the cool pond for hours and hours.

Congratulations! You can float!



Task 5

You are walking along the Grand River to get to your canoe, so you spend the day paddling down Michigan's longest river. As you get closer, you see a big tree trunk that fell across the river, and it is blocking you from getting to your canoe. Lily the Ladybug flies in and says all you have to do is your age in push-ups and the tree trunk will magically disappear.



- Do one push-up for each year you are old.
- Remember to have your photographer take a picture of you doing your push-ups, or have your illustrator draw you doing your push-ups.
- Once you are done, you look up and the big tree trunk is gone! Now, you hop in your canoe and spend the afternoon paddling down the Grand River.

Congratulations, you are a voyageur!

Task 6

You are going to meet your friends at the Belle Isle Aquarium. First, you decide to take a nap and when you wake up you find yourself at the Scott Fountain and realize you are late. A seagull flies over and says you can reverse time if you do your age in Jumping Jacks.



- Do one jumping jack for each year you are old.
- Remember to have your photographer take a picture of you doing your jumping jacks, or have your illustrator draw you doing your jumping jacks.
- Once you finish, you find yourself on the steps of the Belle Isle Aquarium to meet your friends right on time and you have the best afternoon.

Congratulations, you are a time traveler!

Task 7

You are almost home and are getting super hungry from all of your adventures. You are pretty sure you can smell your favorite food cooking, but suddenly, there is a big stone wall in your way. A squirrel starts calling your name from a nearby tree and says the fastest way to get around it is to go over it by doing your age in wall jumps.



- Do one wall jumps for each year you are old.
- Remember to have your photographer take a picture of you doing your push-ups, or have your illustrator draw you doing your push-ups.
- Right after you finish your last wall jump, you are transported to your kitchen where your favorite food is ready and waiting for you.

Congratulations, you made it, now chow down!



Task 8

You can't believe the adventure you just had and now it's time to send the pictures from your great Adventure Across Michigan to your teacher.

- Go through all of the beautiful photos or drawings
- Match them up to Tasks 1 through 7
- Pick your favorite pictures
- Share with your family, friends, teacher or post to Michigan Fitness Foundation's Virtual ACES Day Facebook page!

What an adventure! You are amazing.

