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# LIL SUGAR INFO CARD



Lil Sugar is a fun story about a serious issue. There are many different forms of hidden sugars in the foods that we eat. It's important that we know how to identify sugar in all forms so we can be mindful about how much sugar we eat.

Visit [HHPH.org](http://HHPH.org) to learn more about the Lil Sugar Song, App & Book.



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# MISSION 1: DISGUISE RELAY



Watch this activity demo on 

## The Goal:

YOU can be a master of disguise. Move down and back from cone to cone putting on funny clothes (1 at a time) until your disguise is complete.

## What You Need:

2 cones per player. Oversized pants, shirt, hat and shoes per player.

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# MISSION 1: DISGUISE RELAY



Watch this activity demo on 

## How To Play:

- On the start signal, jog down to the checkpoint and put on the shirt, then jog back to the start point.
- Next, jog to the checkpoint and put on the pants, then jog back to the start point. Continue until you are wearing the entire disguise.
- Race against the clock with 2 or 3 trials to see how fast you can complete the challenge. Or, race against other players.

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# MISSION 2: PLANK HACKER



Watch this activity demo on  YouTube

## The Goal:

In this plank station adventure race, move from station to station cracking each of the six plank codes.

## What You Need:

6 cones as station markers and the 6 plank hacker station signs.

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# MISSION 2: PLANK HACKER



Watch this activity demo on  YouTube

## How To Play:

- Create 6 plank stations in the activity area with enough room to move safely. Work as an individual, in pairs, or in small groups. Start at any cone. Complete all 6 stations to earn participation in this event.
- Play the Lil Sugar song as the start signal. Can you complete all 6 stations before the song is over?
- As soon as you finish at a station, quickly move to the next.



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# MISSION 3: ENERGY BALANCE CLUES



Watch this activity demo on 

## The Goal:

How many calorie-burning physical activities can you draw and do while the Lil Sugar song is playing?

## What You Need:

Pen/Marker, Large Pad of Paper, Lil Sugar Music

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# MISSION 3: ENERGY BALANCE CLUES



Watch this activity demo on 

## How To Play:

- One player starts as the artist. When this music starts, draw a picture (clue) of an activity your entire group can do (e.g., jumping jacks).
- As soon as a teammate guesses your clue, complete 5 repetitions of the activity, then change artists.
- Continue drawing, doing, and changing artists for the full song.
- Count the number of activities you were able to draw and do. Complete against your best score or against a team of friends.

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# MISSION 4: LIL SUGAR DANCE



Watch this activity demo on  YouTube

## The Goal:

Follow the dance instructional video to learn and do the Lil Sugar Dance.

## What You Need:

Dance Video and Video Player

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# MISSION 4: LIL SUGAR DANCE



Watch this activity demo on  YouTube

## How To Play:

- It's time to learn about hidden sugar while performing the Lil Sugar Dance.
- Dancing is a great way to balance our energy. Every dance move burns calories and works to keep our bodies and brains healthy.
- Watch the video and practice the dance.
- Then, download or stream the Lil Sugar Song to perform the dance for your friends and family.

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