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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

HIP HOP  
public health



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Watch this activity demo on  YouTube

## 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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