Minnesota Living

AGE/GRADE LEVEL: Youth, Grades 3-5

FORMATION: Standing at desks

EQUIPMENT: None; optional: map of Minnesota

RULES/DIRECTIONS:
1. Teacher leads the class on a virtual tour of Minnesota, while students simulate each action for at least 30 seconds. Examples:
   - Canoe up the Mississippi River against the current; paddle hard.
   - Ice fish on Lake Mille Lacs; dip your pole down the hole, pull it up as high as you can.
   - March up the Capitol steps in St. Paul.
   - Swim in one of the 10,000 lakes; ask “Which one is your favorite?”
   - Throw a snowball in Fort Snelling State Park.
   - Fly like an eagle over the Mississippi River in Wabasha.
   - Climb Eagle Mountain near Grand Marais; ask “How high is it?” (Answer: 2,301 feet)
   - Paddle the Red River.
   - Pick vegetables with the Jolly Green Giant in LeSueur.
   - Hike the trails by Gooseberry Falls; say “They’re steep.”
   - Dig in an iron mine near Hibbing.
   - Climb the tallest Minnesota Red Pine in Itasca State Park; ask “How tall is it?” (Answer: 126 feet)
   - Hit a home run for the Twins at Target Field.
   - Crawl through the Forestville Mystery Cave.
   - Jog on the River Road in Minneapolis.
   - Cast your line and reel to catch the biggest fish in Lake Superior.

VARIATION: Use a state map to help point out the landmarks named. Show pictures of the landmarks that are being named. Use landmarks in your own region of Minnesota.

NUTRITION NOTE: Discuss the types of foods to eat for the activity; for example, talk about the carbohydrates required to burn energy in long-distance jogging.

“Energizers for Nutrition Education” was developed by Health and Nutrition staff from the University of Minnesota Extension in July 2011. It was adapted with permission from the “Energizers Classroom-based Physical Activities” program developed by East Carolina University’s Activity Promotion Laboratory, North Carolina Department of Public Instruction, North Carolina Healthy Schools, and Be Active North Carolina. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this resource is available in alternative formats upon request. Direct requests to 1-888-241-4591. For more information on Health and Nutrition, visit www.extension.umn.edu/family/health-and-nutrition.