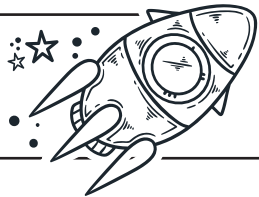


SUPPORT STATION

Tips for the Captain:

- Encourage imagination and movement: there's no wrong way to do it!
- Use the mission recap to start short discussions about emotions and energy levels.
- Use movement breaks like this between subjects or after screen time to support focus and wellness.
- Find more wellness activities, resources and support at NCHPAD.org.



Short movement breaks help kids reset their focus, regulate emotions and build body awareness while having fun!

ADJECTIVES

Describing words: Glowing, bouncy, frozen, stretchy, soft, speedy, grumpy, shiny.

ADVERBS

How something is done: Kindly, carefully, silently, cheerfully, sweetly, loudly, quickly.

BODY PARTS

Eyes, ears, nose, chin, shoulders, arms hands, fingers, knees, feet.

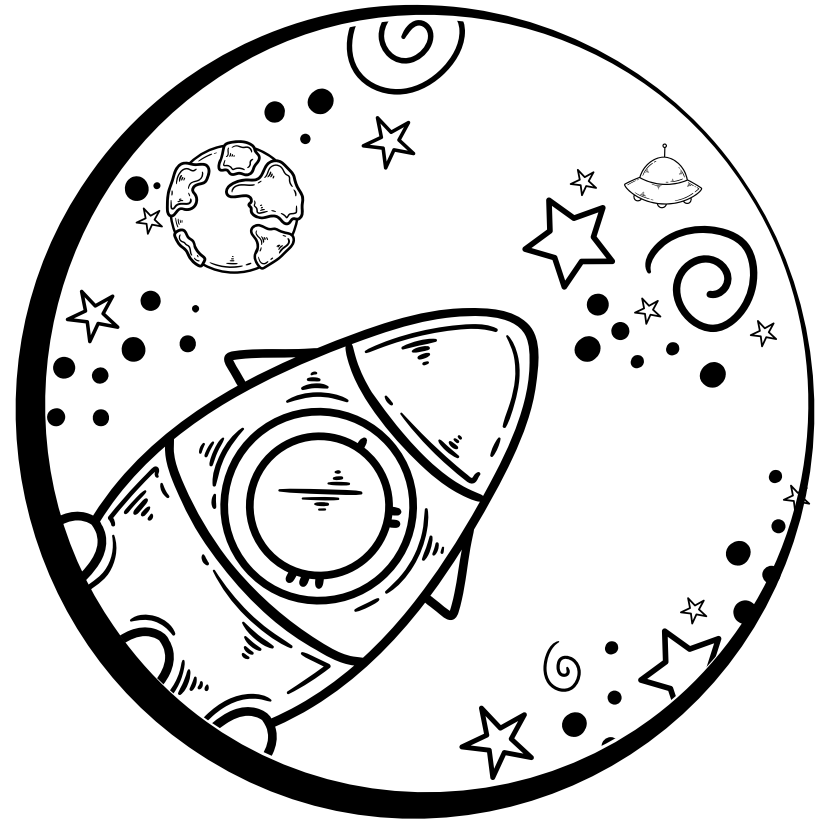
MISSION RECAP

- ★ How do you feel after the mission?
- ★ What movement did you enjoy the most?
- ★ Which move or action made you feel strong?
- ★ What made you laugh or smile during the mission?

Get ready to launch into wellness with NCHPAD

CREATE YOUR OWN SPACE ADVENTURE

A Fill-in-the-Blank Movement Activity



Welcome, Space Explorers!

You're about to launch your own out-of-this-world adventure—where YOU get to choose the story! Get ready to move and zoom through a cosmic journey like no other. Think big, be creative and, most of all, have fun!

MISSION 1

You're getting ready to zoom through space in your spaceship called

_____!
made up food *number under 30*

arm circles _____ and head off into space!
adverb

As you're cruising along you suddenly see a _____ spaceship
color

of _____ coming toward you! Wave your _____ fast
animal plural *body part plural*

yelling _____ to warn your crew for _____ seconds!
random word *number under 15*

As the spaceship of _____ gets closer, you realize they
same animal plural

actually need help because they're lost! Do _____ body twists
number under 30

_____ to help navigate your spaceship over to help!
adverb

Once you make it to their spaceship, the captain greets you by wiggling
their _____. You wiggle yours back for 10 seconds to be polite.
body part

After you give them directions to _____ they offer you a plate of
place

_____ as a thank you before you head off.
color *vegetable*

When you get back on your spaceship you and your crew clap _____
number under 30

times shouting _____ to celebrate a job well done!
random word

MISSION COMPLETE

MISSION 2

Today's mission takes you to a little planet called _____, where a
place

friendly alien farmer named _____ needs help harvesting glowing
color

_____! Land your ship by doing _____ big arm circles
food *number under 30*

_____ to slow down and steer. Once you land, wave and say
adverb

hello to the farmer by shouting the common greeting of " _____!"
word

five times. The glowing _____ are ready to pick so reach up and
same food plural

down _____ until you pick _____.
adverb *number under 30*

Next farmer _____ needs help watering the _____.
same color *new color*

_____. Twist your body and sprinkle imaginary space water with
fruit

your _____ for _____ seconds. The farmer thanks
body part plural *number under 15*

you for your help today by giving you a basket of cosmic berries. They look
so yummy you eat them right there like a(n) _____.
animal

Before you take off, give yourself a high-five and clap your hands

_____ times while shouting _____ to celebrate a
number under 30 *random word*

mission of helping well done!

MISSION COMPLETE