



## Move and Learn

Get ready...

(REMEMBER THE PRIZES!)

## Tour of Idaho

- Everyone Stand up

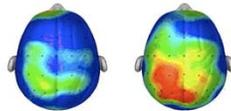
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- As we go through the list, complete the action and go on a tour of Idaho with me....

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- Everybody ready???

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Child and Adult Care Food Program (CACFP) Summit

### Energizer: Tour of Idaho

Directions-have students stand by desks and follow teachers lead on a virtual tour of Idaho. Students move at least 20 seconds for each of the action listed below.

Downhill ski in Sun Valley  
Walk on lava at Craters of the Moon  
Dig for potatoes in the fields  
Climb Mt. Borah  
Fly fish in Henry's Fork  
Swim in Lake Pend 'Oreille  
Run the Race to Robie Creek  
Mountain bike in the Stanley Basin  
In-line skate on the Greenbelt  
Play football on the blue turf at BSU  
White water raft the Salmon River  
Hike the Lewis and Clark trail  
Ride a horse in the rodeo  
Can add any of your own ideas...