



## The Exercise Guide



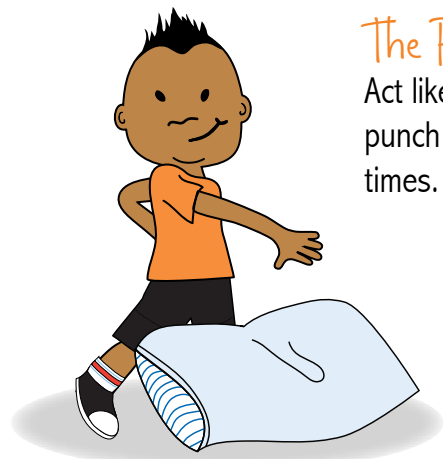
### The Boogie Down

Grab your nurse, doctor or CLS and do a funky dance move.



### The Feather Flap

Move your arms up and down as fast as you can while hopping one or both feet.



### The Pillow Punch

Act like a ninja and punch your pillow five times.



### The Freestyle

Make up your own exercise. Be sure to move as many parts of your body as possible.



### The Tail Feather Shake

Reach down and touch your feet while moving your hips.



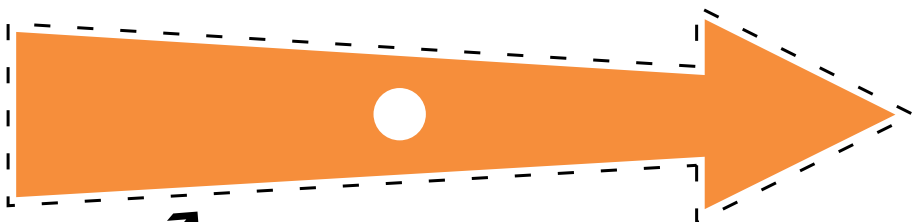
### The Roll Hard

Take a wagon ride around your unit. Wave to everyone you pass by.

# EXERCISE WHEEL

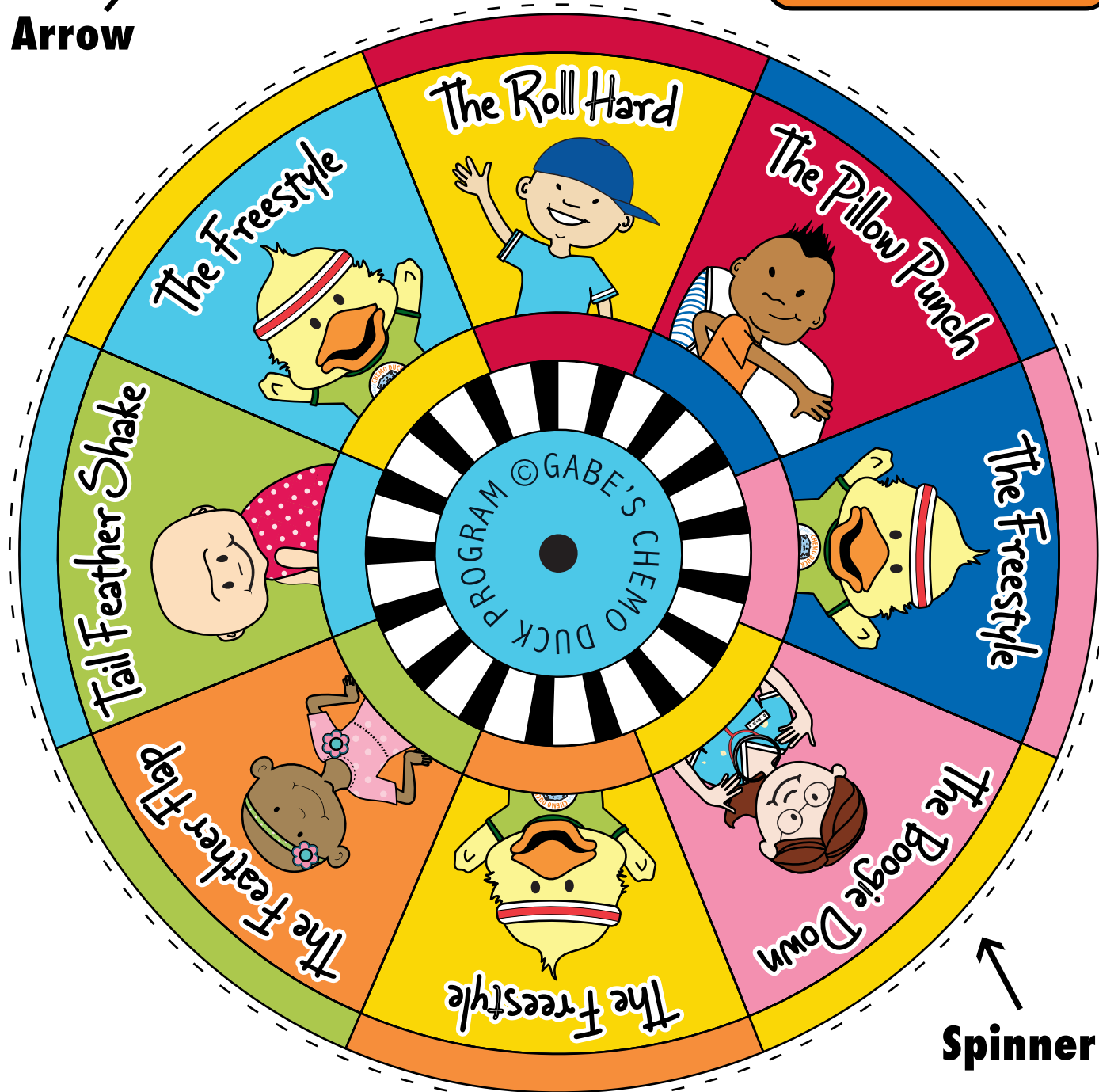
## Printables

gabe's  
**CHEMO DUCK**  
PROGRAM



Cut carefully along the dotted line. Children under 6 may need assistance.

**Arrow**



**Spinner**

## DIRECTIONS

### STEP ONE: *Get ready!*

#### CREATE THE GAME SPINNER

Print the Chemo Duck Game Spinner and The Exercise Guide onto card stock paper (the heavier the better). Cut out the spinner and arrow, then use the tips of the brad fastener to poke a hole in the center of each piece (use white dot as your guide), then use the fastener to attach the arrow to the spinner face. Now you're ready to play!

#### TIP FOR PARENTS:

To extend the life of the spinner and arrow, laminate each piece after printing to make them more durable for repeated game play use. Also, glue the spinner to a piece of card board for a more sturdy support for spinning.

### STEP TWO: *Time to start moving!*

Next, put on a favorite CD of dance music, or crank up a radio, then have players take turns spinning the arrow on the spinner. When the arrow lands on a Chemo Duck kid, check The Exercise Guide to see what move to make, then get active!

#### TIP FOR PARENTS:

To encourage shy children, and prepare all players for the game, have the whole group practice each move together.

### STEP 3: *Don't forget to have fun!*

Although each Chemo Duck kid has a specific type of move, try to encourage each player to give that move their own unique style, especially when the spinner lands on the Freestyle card spot (Chemo Duck) because that's an opportunity for the player to get creative!

The object of this game is to stay active while in treatment and offer a fun way to encourage simple exercise.

## SUPPLIES:

- Heavy card stock
- Scissors
- Drinking straw
- Sticker paper
- Brad fastener