

Objective

By the end of this lesson, you will be able to have fun while improving your physical fitness and coordination through Bugsnax-themed activities.

Materials and Prep

- Open space for movement
- Imagination

No specific materials are needed, just come ready to move and have fun!

Activities

- **Bugsnax Scavenger Hunt:** Create a list of Bugsnax creatures and have the student find them around the house or yard.
- **Snak Trap:** Set up a safe obstacle course that the student must navigate to catch the Bugsnax (objects representing Bugsnax).
- **Snak Dance:** Play music and have the student dance like different Bugsnax creatures they have discovered.

Talking Points

- **What are Bugsnax?**
"Bugsnax are silly creatures that are part bug and part snack, like a walking hamburger or a flying pizza slice!"
- **Why is it important to move and exercise?**
"Moving and exercising helps us stay healthy and strong, just like the Bugsnax creatures!"
- **How can we have fun while being active?**
"We can pretend to be Bugsnax and move around in different ways, like crawling like a spaghetti bug or hopping like a carrot!"