

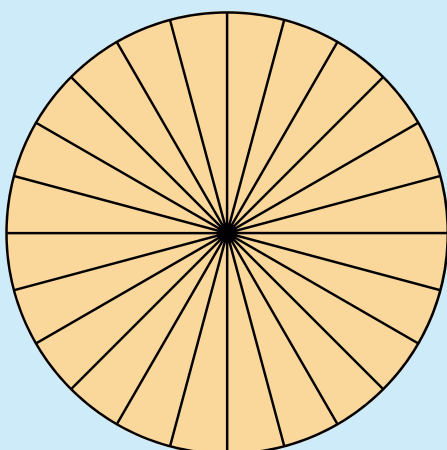
LEVEL 2

ENIGMATHICQ

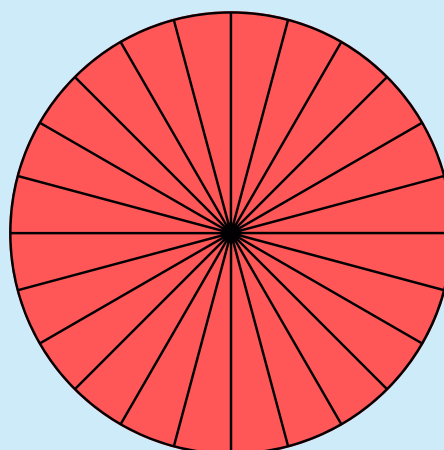
ACTIVITY 1

Time for action!

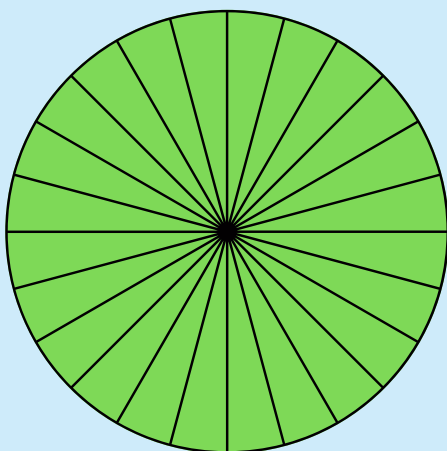
LIAM



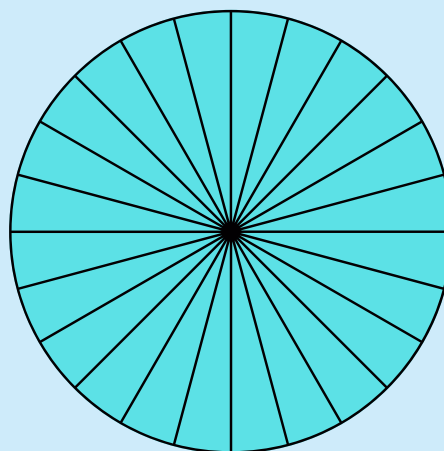
MIA



NOAH



YOU





MISSION SHEET:
TIME FOR ACTION

STEP 1

Observe the time each of our heroes spends on activities on a typical tuesday, then fill in your chart.



LIAM

- Gaming: 2 hours and 50 minutes
- Watching videos: 3 hours
- Homework: 1 hour
- Messaging strangers: 1 hour
- Eating: 2 hours
- Hygiene: 1 hour
- Sleeping: 7 hours
- Going to school by car: 2x 5 minutes
- School: 6 hours



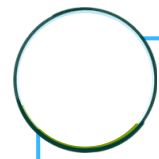
MIA

- Watching videos: 1 hour
- Drawing doodles: 30 minutes
- Homework: 1 hour
- Messaging friends: 1 hour
- Gymnastics practice: 2 hours
- Eating: 1 hour
- Hygiene: 1 hour
- Sleeping: 10 hours
- Walking to school 2x 15 minutes
- School: 6 hours



NOAH

- Skateboard videos: 1 hour
- Practising tricks: 40 minutes
- Homework: 1 hour
- Gaming : 1 hour
- Cooking with mom: 30 minutes
- football practice: 1 hour
- Hygiene: 1 hour
- Sleeping: 11 hours
- Biking to school: 2x 10 minutes
- School: 6 hours



YOU

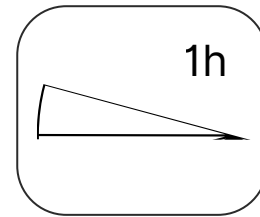
- Watching videos: _____
- Homework: _____
- Messaging friends: _____
- Eating: _____
- Hygiene: _____
- Sleeping: _____
- School: _____
- _____ : _____



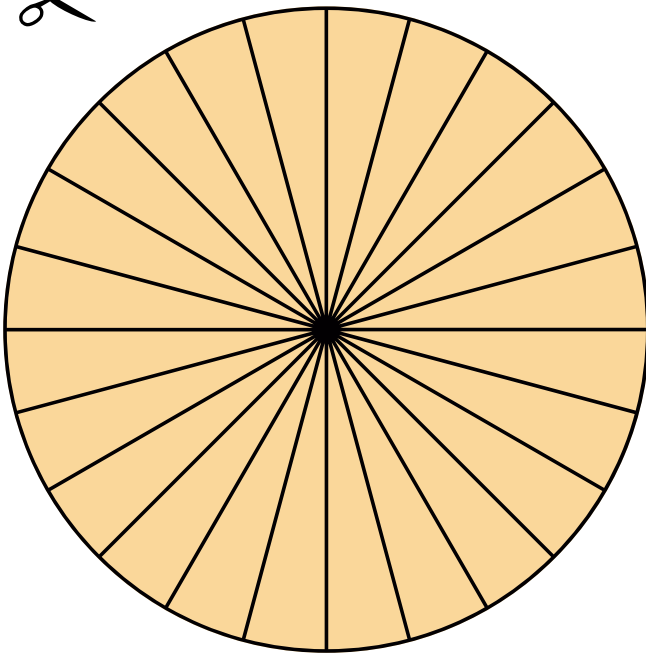
STEP 2

Count the number of hours each character spends doing the different activities and cut up the right portion of the circles below.

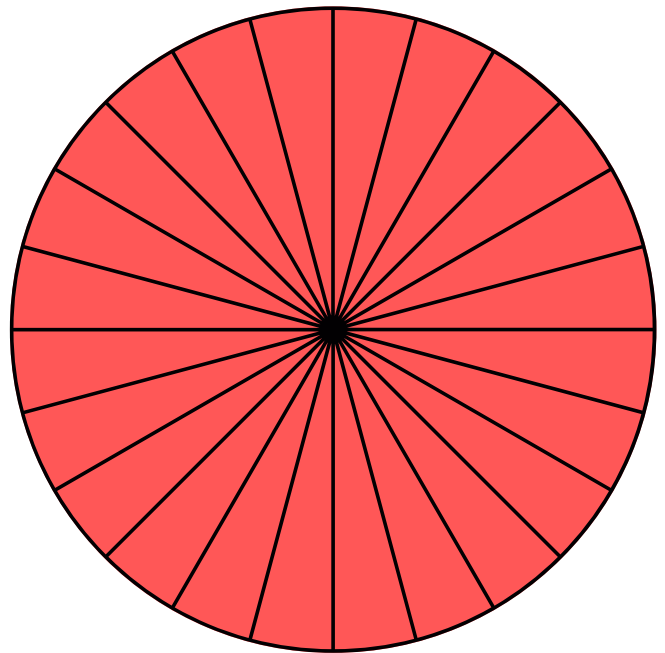
Then, glue the different portions onto the graphs and calculate the fraction of the day each activity takes!



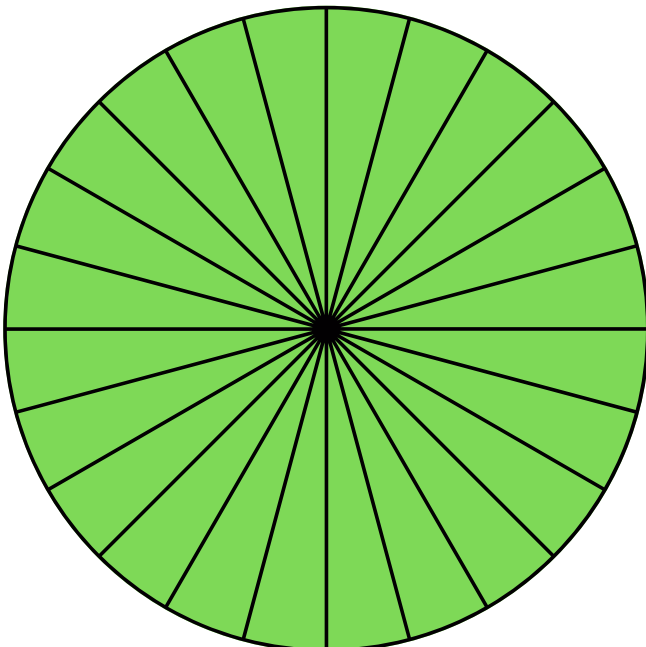
LIAM



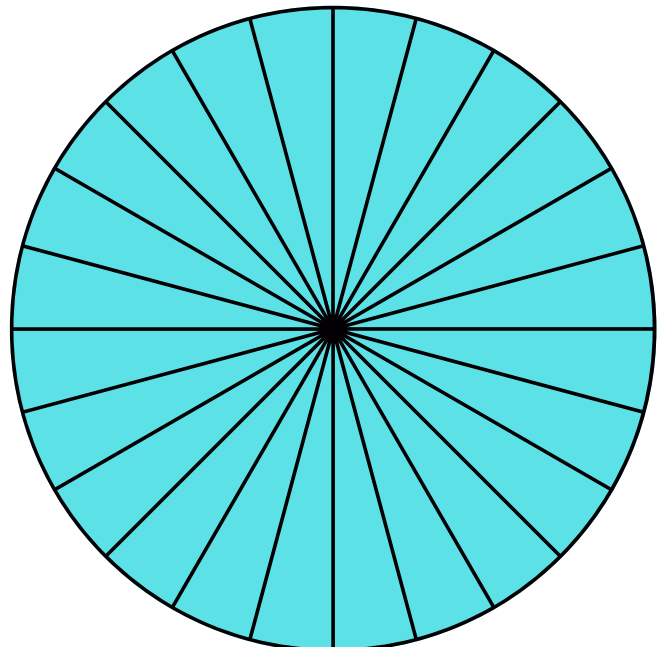
MIA



NOAH



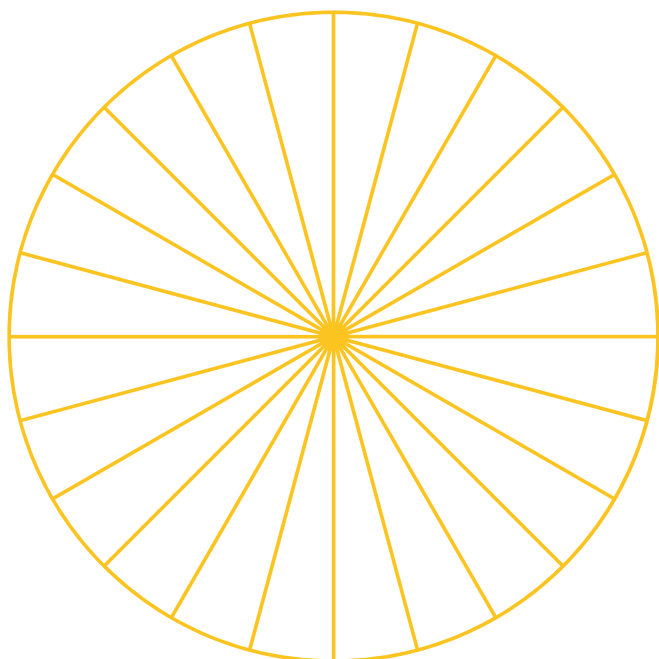
YOU



SCREEN TIME

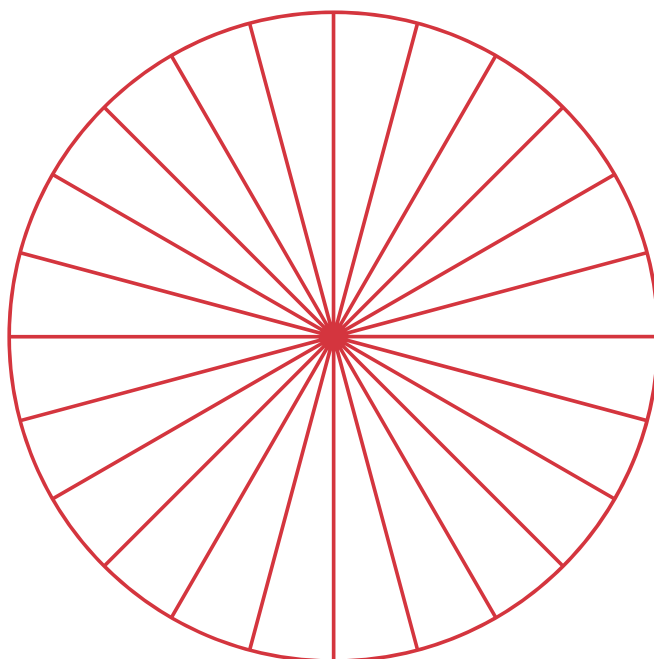


LIAM



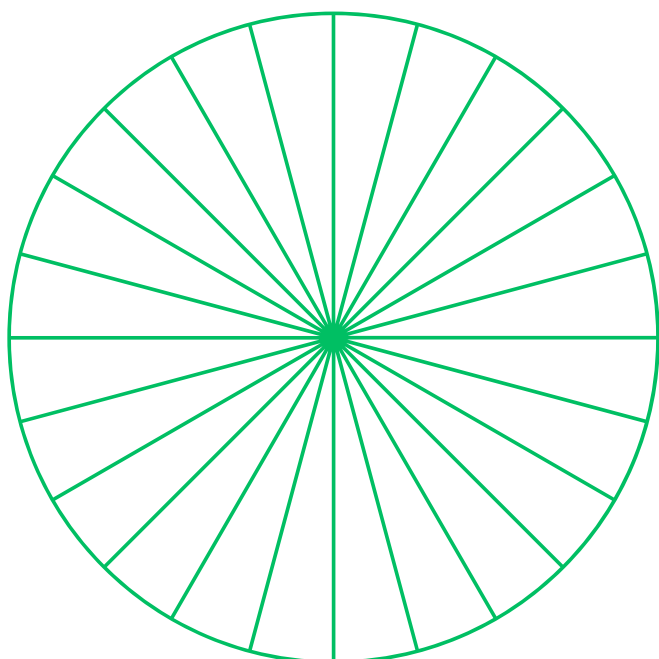
___ hours = $\frac{\quad}{24}$ = ___

MIA



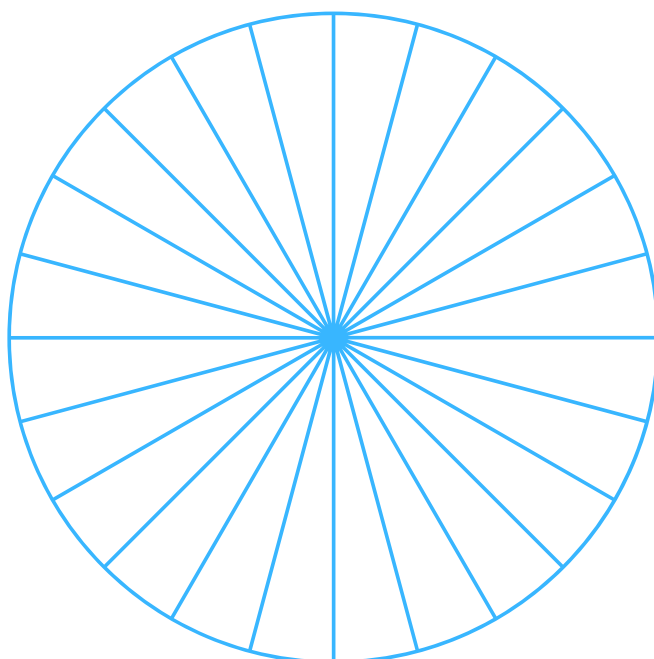
___ hours = $\frac{\quad}{24}$ = ___

NOAH



___ hours = $\frac{\quad}{24}$ = ___

YOU

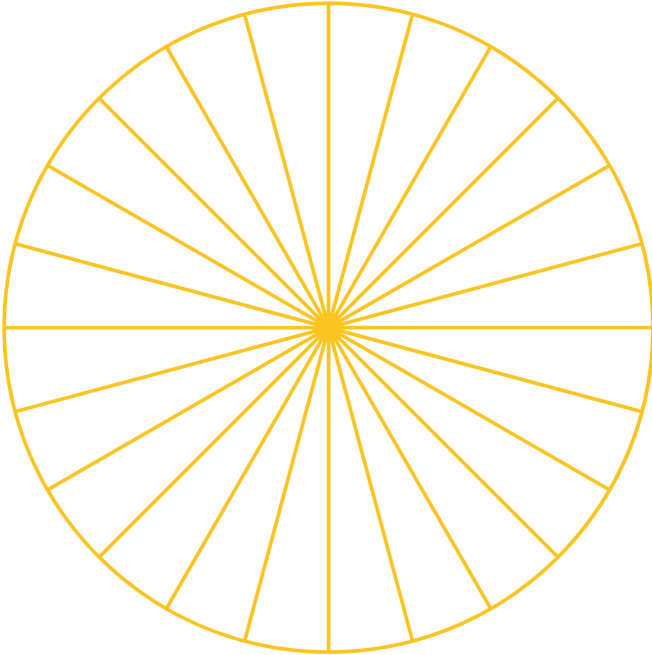


___ hours = $\frac{\quad}{24}$ = ___



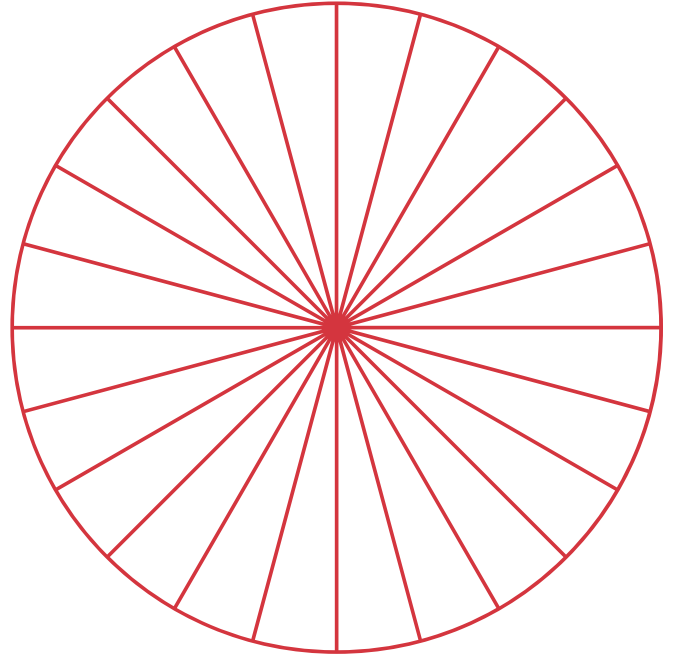
PHYSICAL ACTIVITY

LIAM



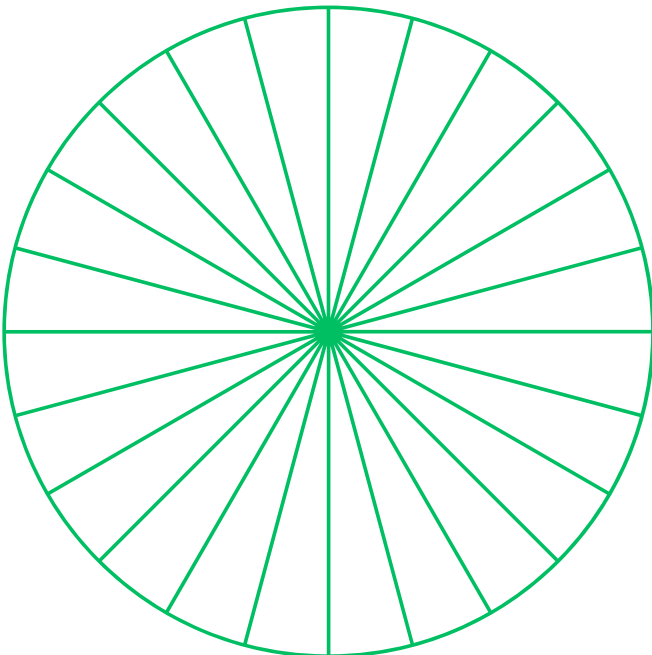
___ hours = $\frac{\quad}{24}$ = ___

MIA



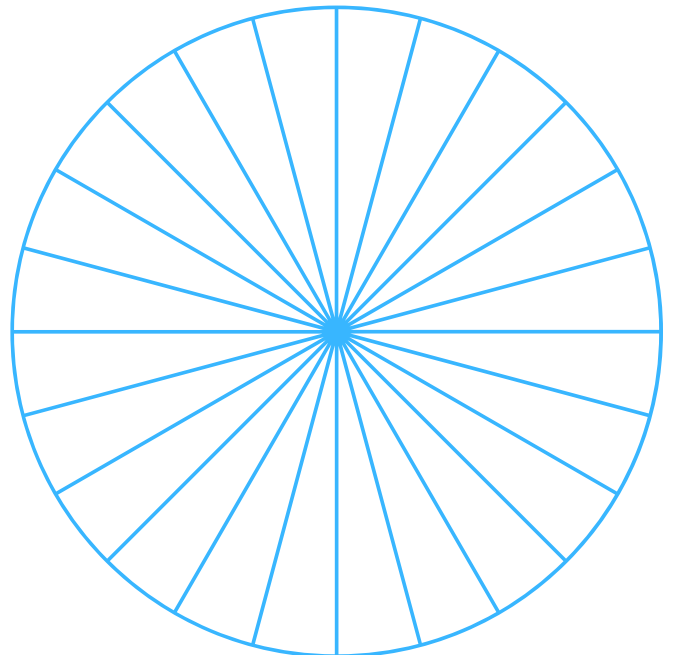
___ hours = $\frac{\quad}{24}$ = ___

NOAH



___ hours = $\frac{\quad}{24}$ = ___

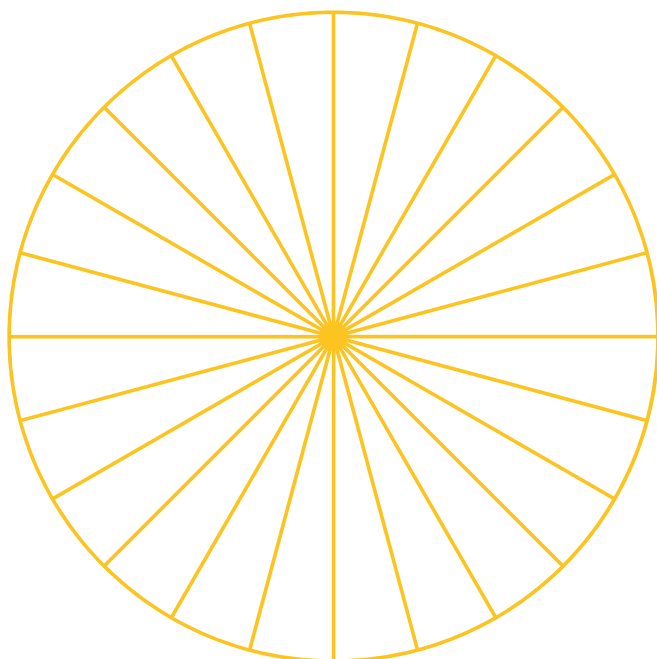
YOU



___ hours = $\frac{\quad}{24}$ = ___

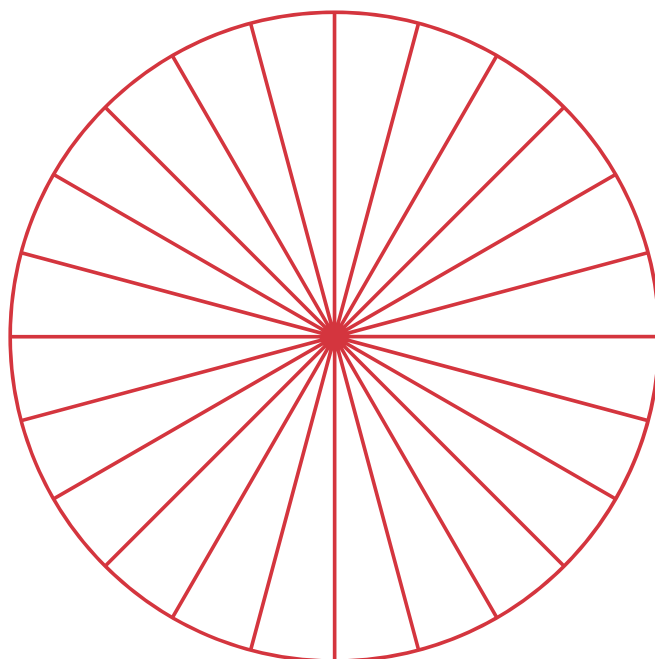
TIME WITH FRIENDS AND FAMILY

LIAM



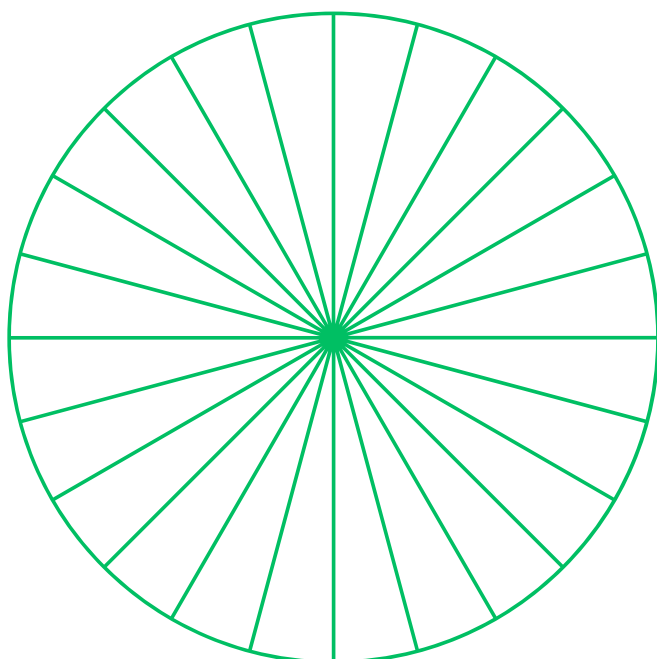
___ hours = $\frac{\quad}{24}$ = ___

MIA



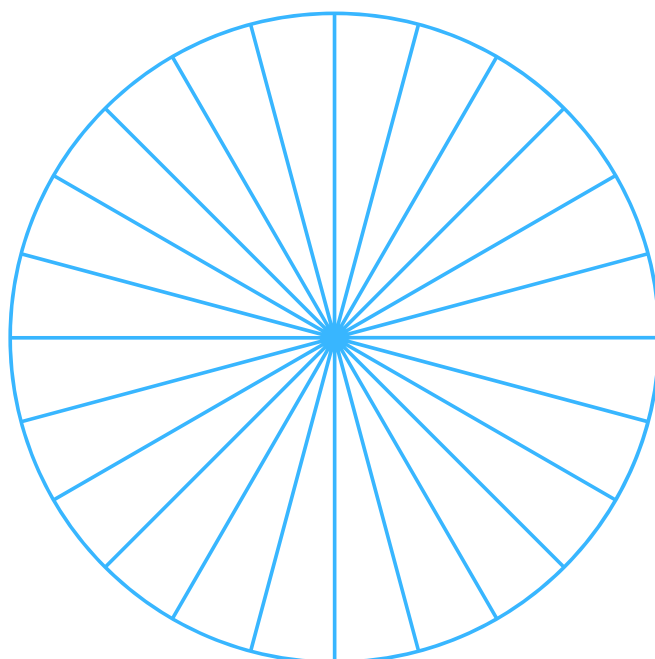
___ hours = $\frac{\quad}{24}$ = ___

NOAH



___ hours = $\frac{\quad}{24}$ = ___

YOU

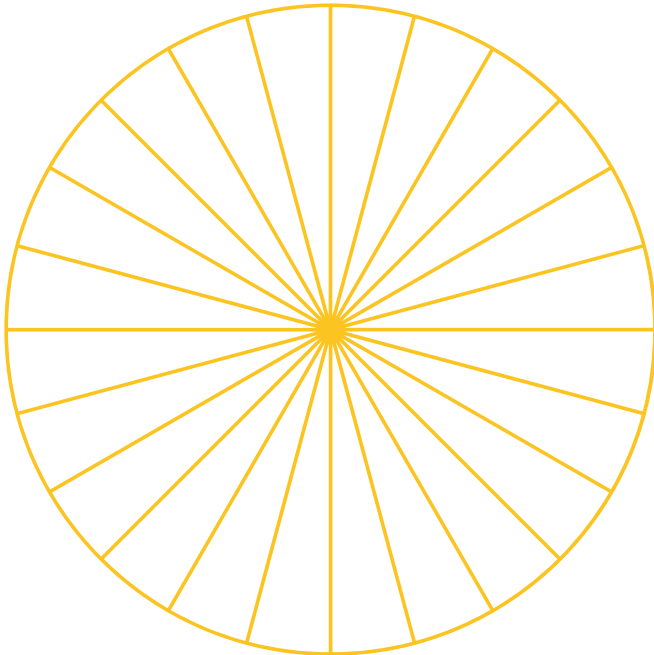


___ hours = $\frac{\quad}{24}$ = ___

SLEEP

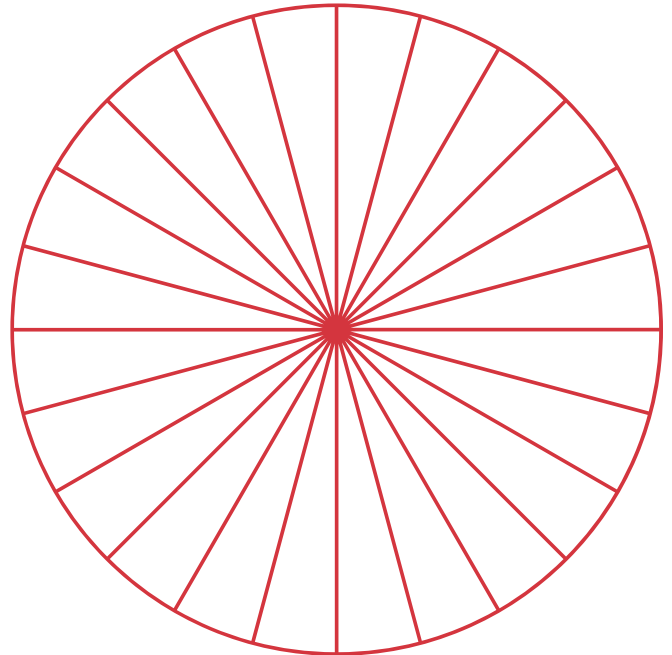


LIAM



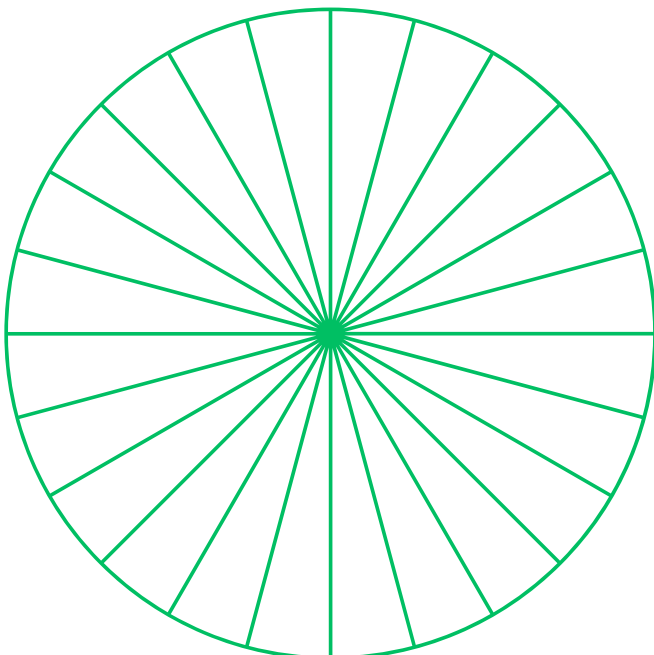
___ hours = $\frac{\quad}{24}$ = ___

MIA



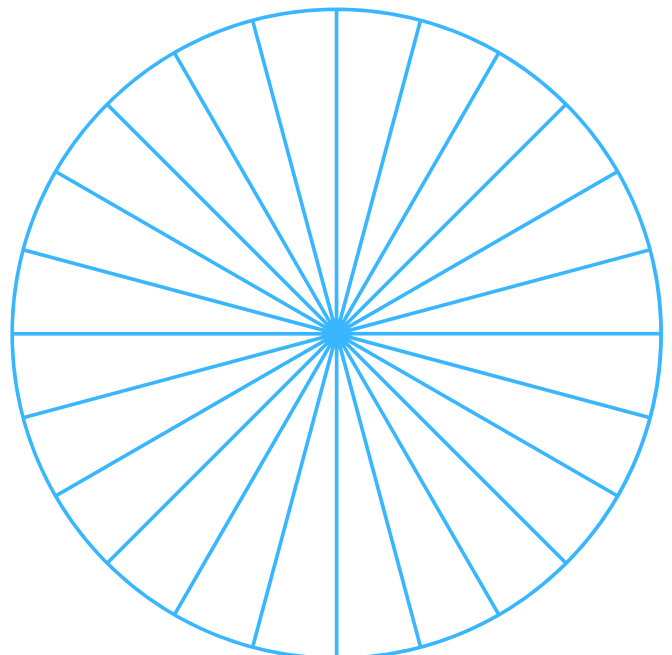
___ hours = $\frac{\quad}{24}$ = ___

NOAH



___ hours = $\frac{\quad}{24}$ = ___

YOU



___ hours = $\frac{\quad}{24}$ = ___

DEZOMBIFICATION ACTIONS

DID YOU KNOW?

This is how long we need to do these things to avoid being slow zombies!



Screen time:
No longer than 2 hours

Sleeping:
9 to 12 hours

Moderate physical activity:
At least 1 hour a day

Your turn! based on the observations you made in the previous activity, give dezombification tips to all our heroes, and to yourself!



LIAM



MIA



NOAH



YOU



YOUR ANTI-ZOMBIE DAY

REFLECT

How does your ideal, healthy day look?

Draw on the diagram everything you would do, and how long it would take!

