



Disney

**BIG
HERO
6**
THE SERIES

**POWER
UP**

**WITH BAYMAX
ACTIVITY KIT**

Disney
CHANNEL

About

POWER UP

WITH BAYMAX
ACTIVITY KIT

**Join Baymax to learn some
simple healthcare tips!**

Learn to power up with Baymax as he teaches you ways to stay fit, happy and healthy in this fun and interactive kit.

**Catch Big Hero 6: The Series
every Friday, 1:30pm
after 25 May,
on Disney Channel.**



TABLE OF CONTENTS



Move

Baymax Fitness Tips	2
Basic Yoga poses with Baymax	3
Customize your workout plan	4



Eat

Guide to daily food choices	6
Food Recipes	7-9



Hug

Express Yourself Tool Kit	11-14
Coloring pages	15
Character Pack	16



MOVE

Keep moving with some basic exercise tips from Baymax! Getting the right amount of exercise gives you more energy and improves your mood as well!

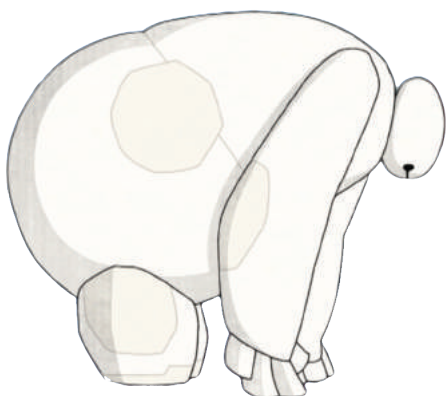


MOVE

BAYMAX

FITNESS TIPS

Fitness plays an important role in our well-being, and helps us live our lives to the fullest. Here are some tips from Baymax on how to stay active and healthy!



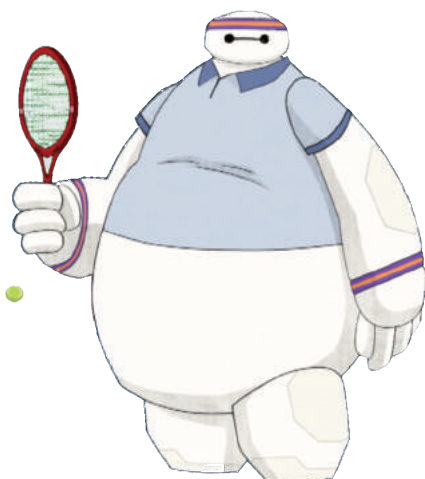
STRETCH

Increase your flexibility and reduce the risk of injury by stretching before and after your workouts!



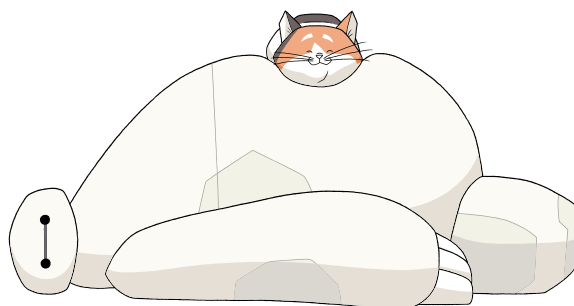
CARDIO

Besides running, there are many fun-filled exercises that can get your heart pumping. Try out activities such as rollerblading or dancing!



SPORTS

Get healthier and stronger by playing sports! Try out different kinds of sports, such as tennis, badminton or soccer, to find out which ones you love the most!



REST

Beat the sick bug and feel energetic by making sure you get 8-10 hours of sleep every day!

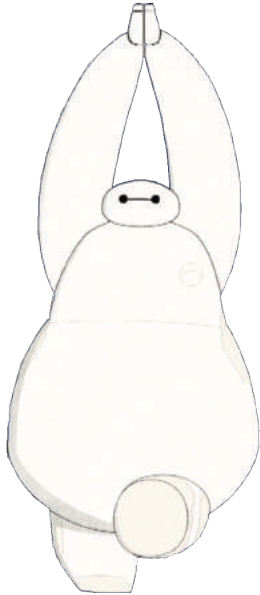
Disney
CHANNEL

EVERY FRIDAY, 1:30PM
FROM MAY 25TH

BASIC YOGA POSES WITH BAYMAX

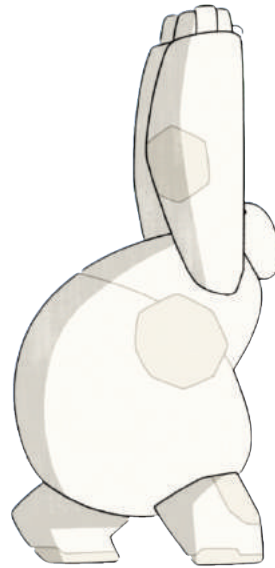


Improve your balance and flexibility
with yoga! Here are some simple
poses that you can easily do at home!



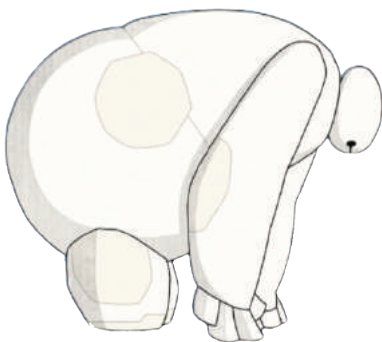
Tree Pose

1. Bring your hands together
2. Lift them above your head
3. Balance on your left leg
4. Hold for 10 seconds
5. Come back down, and repeat 1-3 on the other leg



Chair Pose

1. Stand with your feet placed together
2. Raise arms and reach up
3. Sit back and down as if sitting on a chair
4. Hold for 5 seconds
5. Slowly come back up and repeat



Rag Doll Pose

1. Keep your feet hip-width apart
2. Bend forward from the hips
3. Touch the floor with your hands
4. Hold for 5 seconds
5. Slowly come back up
6. Repeat



Butterfly Pose

1. Sit with your feet placed together
2. Bend forward from the hips
3. Hold for 5 seconds
4. Slowly come back up
5. Repeat

CUSTOMIZE YOUR MONTHLY WORKOUT PLAN



	MON	TUES	WED	THURS	FRI	SAT	SUN
Fill in your activities							
Example	30 mins of Yoga	1 Hour of Badminton	Jog for 30 mins	Rest	30 mins of Yoga	1 Hour of Cycling	Rest
Week 1							
Week 2							
Week 3							
Week 4							

MONTH:

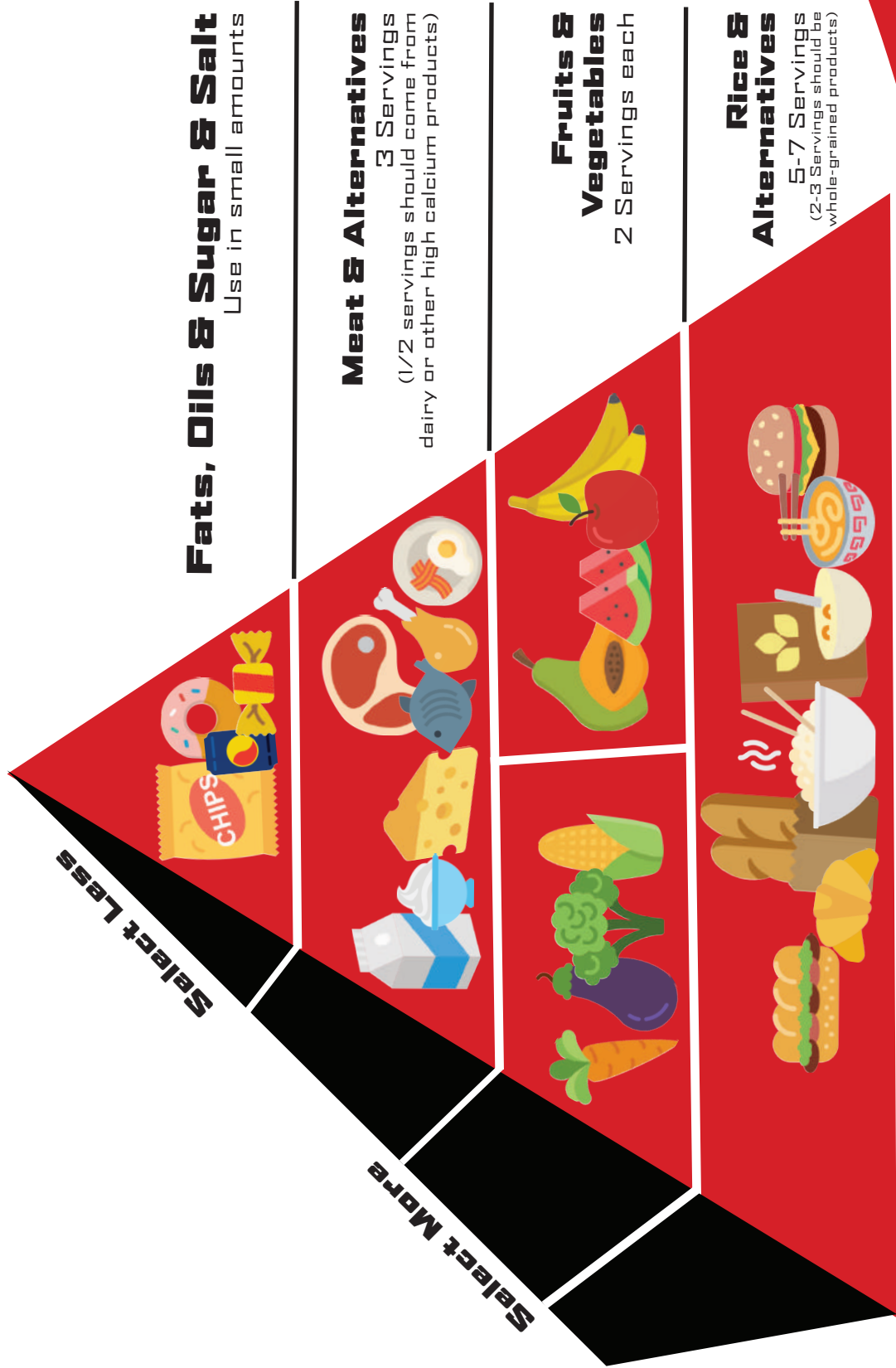


EAT

Good nutrition is an important part of a healthy lifestyle. Combined with physical activity, eating right can boost your immune system and make you stronger and healthier. Here are some healthy recipes and a food pyramid guide to help you make good food choices!

Guide to Daily Food Choices

Make good food choices and get the right amount of nutrition every day with the Healthy Diet Pyramid.



*Based on the Healthy Diet Pyramid from Health Promotion Board, Singapore

PUMPKIN WAFFLES

PREP **10MINS** | COOK **8MINS**

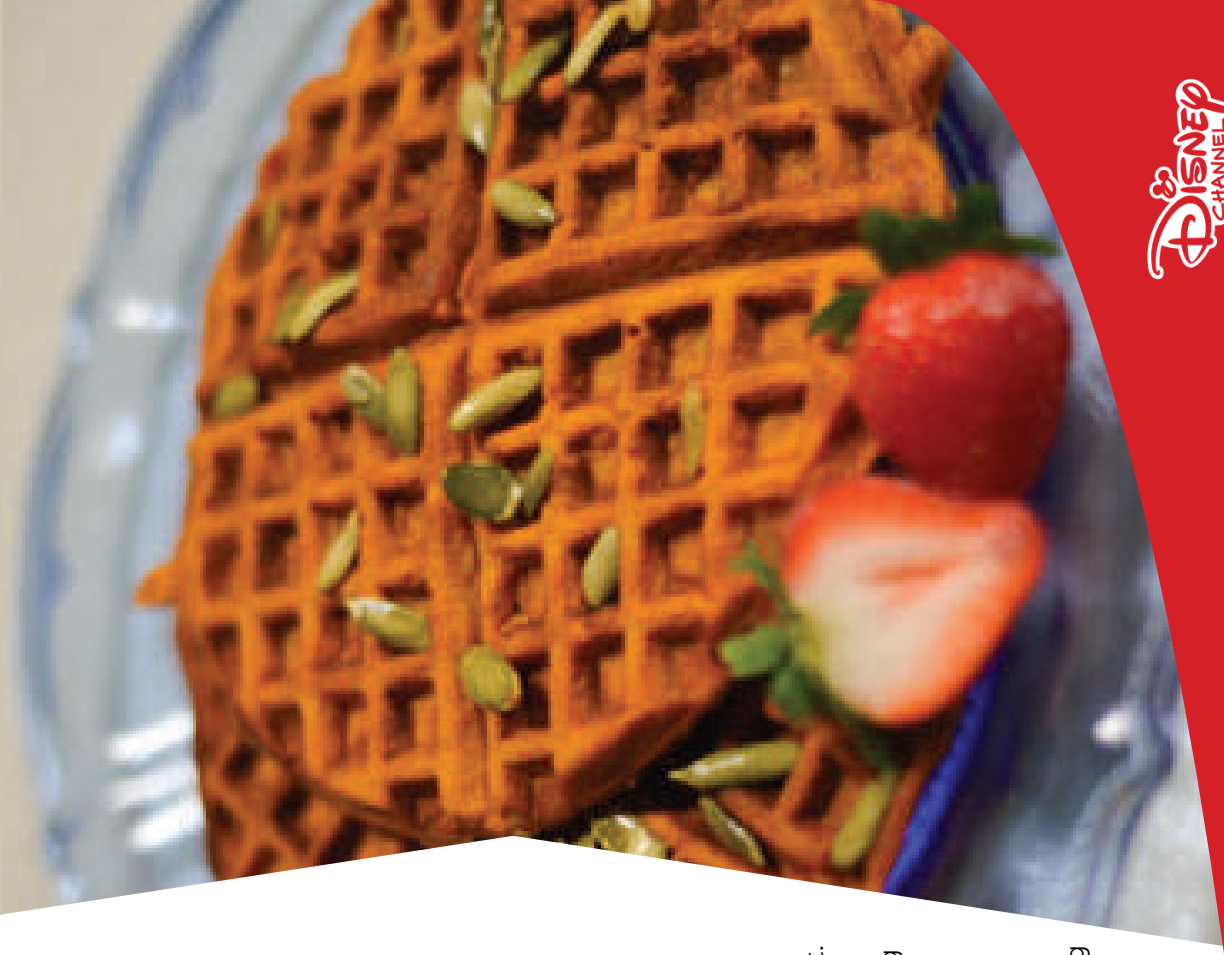
Ingredients

- 1 cup all purpose flour
- 1 3/4 cup pumpkin purée
- 2 tablespoons vegetable oil
- 1/3 cup brown sugar
- 1/2 teaspoon nutmeg
- 1/4 teaspoon salt
- 2 tablespoons pumpkin seeds
- 1 cup whole wheat flour
- 2 eggs
- 1 1/2 teaspoon cinnamon
- 1 1/4 teaspoon baking

Instructions

*Parental guidance is required.

1. Preheat waffle iron.
2. In a large bowl, combine your flours, baking powder, cinnamon, nutmeg and salt.
3. Next, make a well in the center of your dry ingredients and add the brown sugar, vegetable oil, light coconut milk, pumpkin purée and eggs. Mix to combine being careful not to over mix.
4. Spray your preheated waffle iron with non-stick cooking spray and spread half a cup of batter onto the iron. Cook for 5-8 minutes or until golden brown.
5. Garnish your waffles with pumpkin seeds and enjoy!
6. Make extra waffles with the batter and freeze. Reheat for a quick breakfast during your busy week!



MICKEY MOUSE BREAKFAST

PREP **5MINS** | COOK **15MINS**

Ingredients

- Sliced bread
- 1/2 teaspoon of butter
- Strawberry jam
- Turkey Bacon
- Mickey Mouse cookie cutter
- One egg
- Blueberries

Instructions

*Parental guidance is required.

1. Place a slice of bread on a cutting board. Press your Mickey Mouse cookie cutter in the center of the slice of bread and press down, making sure the cookie cutter goes through the bread completely. Remove the Mickey shape and set aside.
2. Place butter into pan over low heat. Move butter around until melted, coating pan.
3. Place bread into pan. Flip each piece over after about one minute.
4. Break an egg into a small bowl, and pour directly into the Mickey Mouse silhouette in the bread. Cook egg over easy.
5. Using a spatula, place both pieces of bread on a plate.
6. Cook the turkey bacon.
7. Add strawberry jam to the bottom half of the Mickey Mouse toast. Place two blueberries in the middle of your Mickey Mouse toast as buttons on his shorts.
8. Serve and enjoy!



BREAKFAST PORRIDGE

PREP	COOK	SERVES
10MINS	30MINS	3

Ingredients

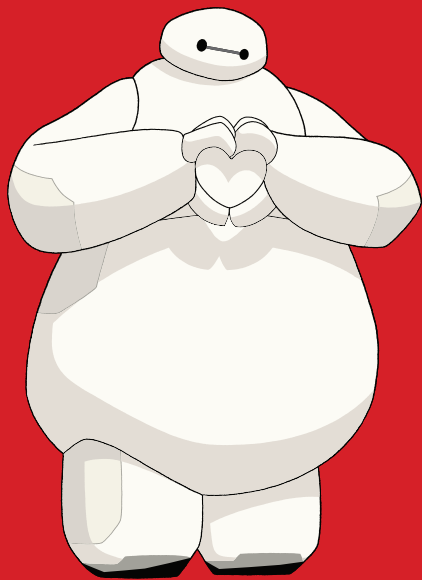
- 1 cup quinoa, cooked
- 1.4 oz (about a handful) unsweetened dried cherries
- 1/4 cup almonds, slivered
- 1 banana
- 2/3 cup light coconut milk
- 1/8 cup unsweetened shredded coconut
- 2 teaspoons honey
- 1/2 cup mixed berries

Instructions

*Parental guidance is required.

1. Combine cooked quinoa with light coconut milk, cherries, shredded coconut, almonds and honey.
2. Leave in refrigerator overnight to marry the flavors.
3. In the morning, take out the porridge and add a little water if it's too thick for your liking.
4. Slice bananas over the top, add some fresh berries, and garnish with the slivered almonds. Enjoy!





HUG

Did you know that being healthy does not only refer to your physical well-being, but your emotional and mental health as well? Here are some activities you can do to relieve your stress.

Learning to manage your emotions can lower your stress levels and improve your overall health!
Here is a simple tool kit to help you manage your emotions.

Instructions

1. Cut out the boxes from pages 13-14 to paste on page 12

2. Choose an emotion meter card that best represents how you feel, and place it in the first box.

When I feel:



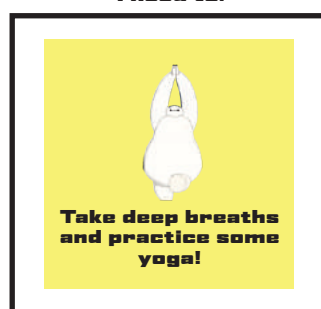
3. Proceed to pick another emotion meter card that represents how you want to feel, and place it in the 3rd box.

Then I will feel:



4. Go through the activity cards and choose an activity that you think will help you achieve the mood that you want to feel.

I need to:



5. Try out the activity! If it still does not make you feel better, try another one until you do!





EXPRESS YOURSELF TOOL KIT



When I feel:

RATE YOUR
EMOTIONS

I need to:

PLACE AN
ACTIVITY
CARD HERE

Then I will feel:

PREDICT
YOUR
EMOTIONS

EMOTIONS METER CARDS



Notes
✂..... Cut Along the Dotted Lines

ACTIVITIES CARDS




Calm down and relax by doing some colouring activities



Take deep breaths and practice some yoga!



List down how you are feeling and why you are feeling this way



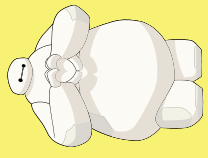
Head out and play some sports!



Ask an adult for help!



Listen to your favourite song (or even sing-a-long)



Give your loved ones a hug!



De-stress by helping out with the chores!

Disney
**BIG
HERO
6**
THE SERIES

**POWER
UP**
WITH BAYMAX





CHARACTER PACK

