

MANITOBA MOOSE ACTIVITY BOOK

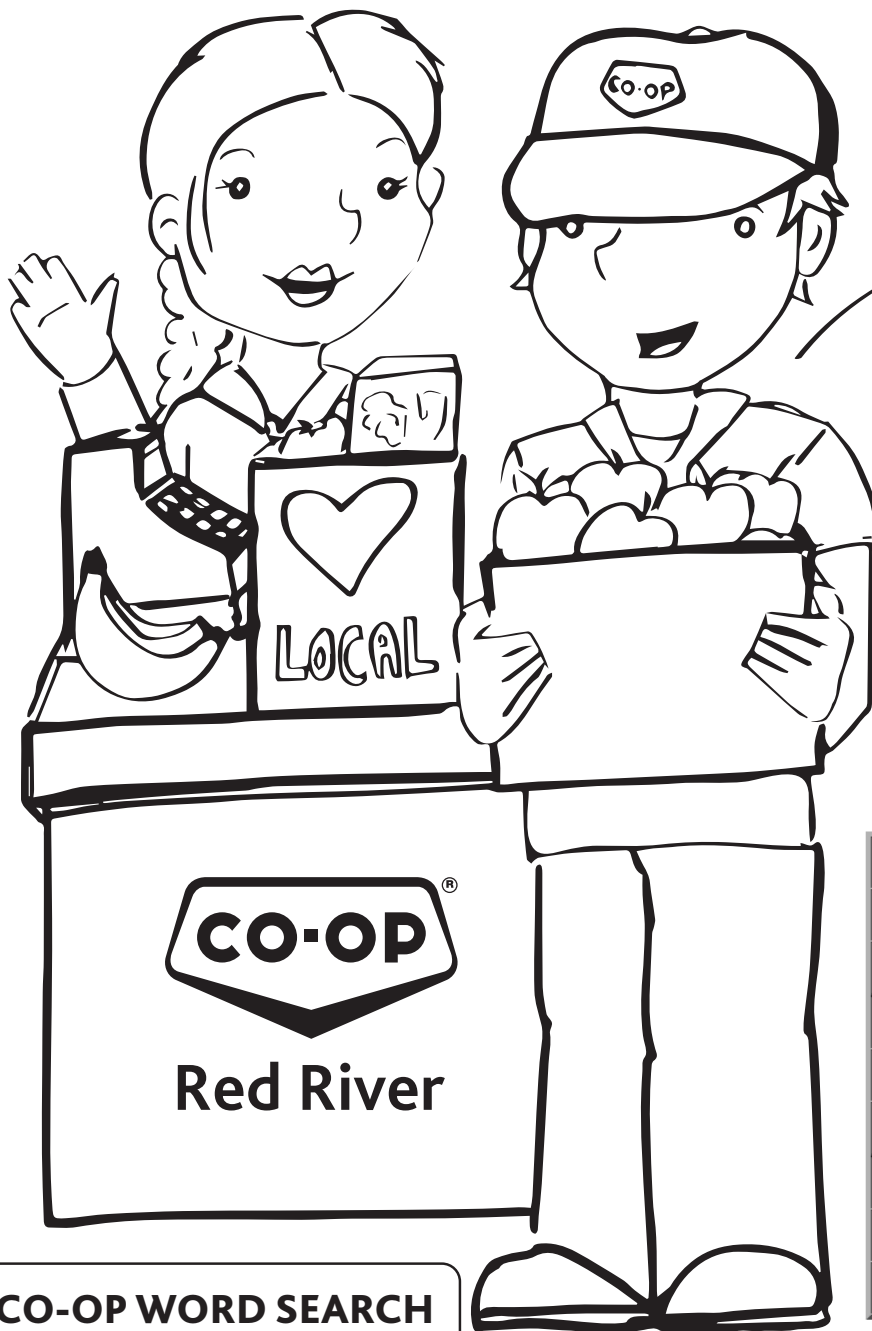
PRESENTED BY: 
Red River



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Hey kids!

What is a Co-op Number?

Do the adults in your life use a Co-op number when buying gas or groceries? That number means they are a member and an owner. Every time they use that number they get money back from Co-op. Cool, right?

SUDOKU for KiDS!

Fill in the numbers so 1-9 appear only once in each row, column and box.

	9	1		5		7	3	
7	2			3	6		4	
	6				1	5		2
1		9			7	2		4
6			8	1	4			3
	3	4	5			6		7
	1		6	8	3		2	
9		3	7	2			6	1
2		6				3	7	5

CO-OP WORD SEARCH

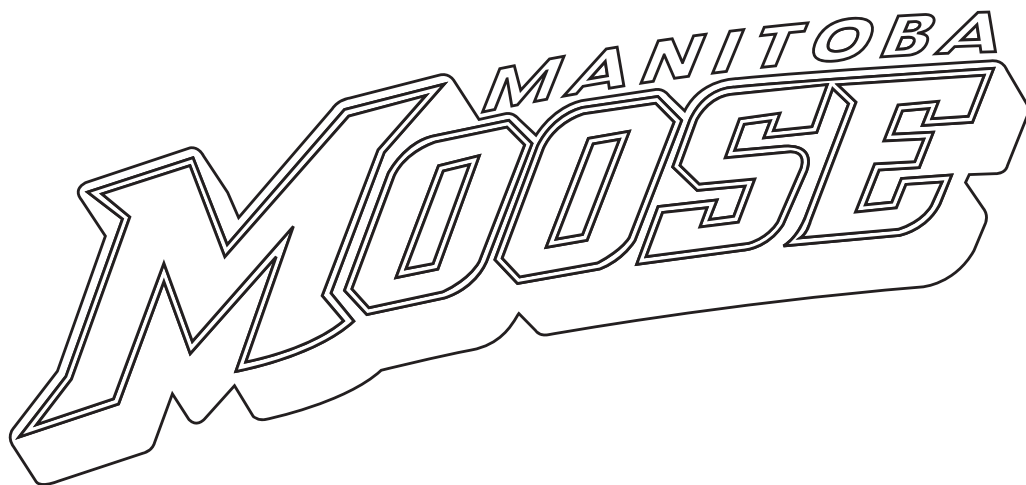
E U S K J N J M M S K P B U Q R P Y Y R F K Y Y Y
 E V H R B C A C J E I Q H M C E Z G T U O I D U I
 G Z I W E N L U V I D L F A H S Y G A S O L I N E
 J L A T I M B B M R S A S P R T U M O V W X I P U
 Z T S T A Q R B C E C C I W I M G F D I O N W O X
 L F O H S R E A W C L O F N O H A G N I P L E H X
 Y B A F I I E C F O U L U J W A N C Y A D L R P I
 A L D A B Z G P B R B M R S A E F L Y Y J E E D X
 H A G X R B F F O G M L Z V F W M H I K L W J F R
 G G X V O G I M E O B Z L N J J R A Q Q W N C S U
 W Z G O T F I I C R C X Z F L P I J P I O L J K O
 D P Y M E H X W J X O R D M S V X M T X J G K D F

COMMUNITY
 COOPERATIVE
 FARMERS
 GASOLINE
 GROCERIES
 HELPING
 KIDSClub
 LOCAL
 MANITOBA
 PHARMACY

COLOUR MICK E. MOOSE



COLOUR IN THE LOGOS



CUSTOMIZE YOUR JERSEY



MOOSE WORD SEARCH

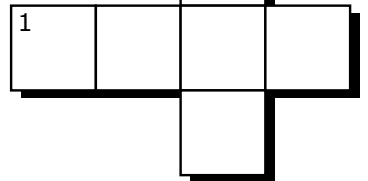
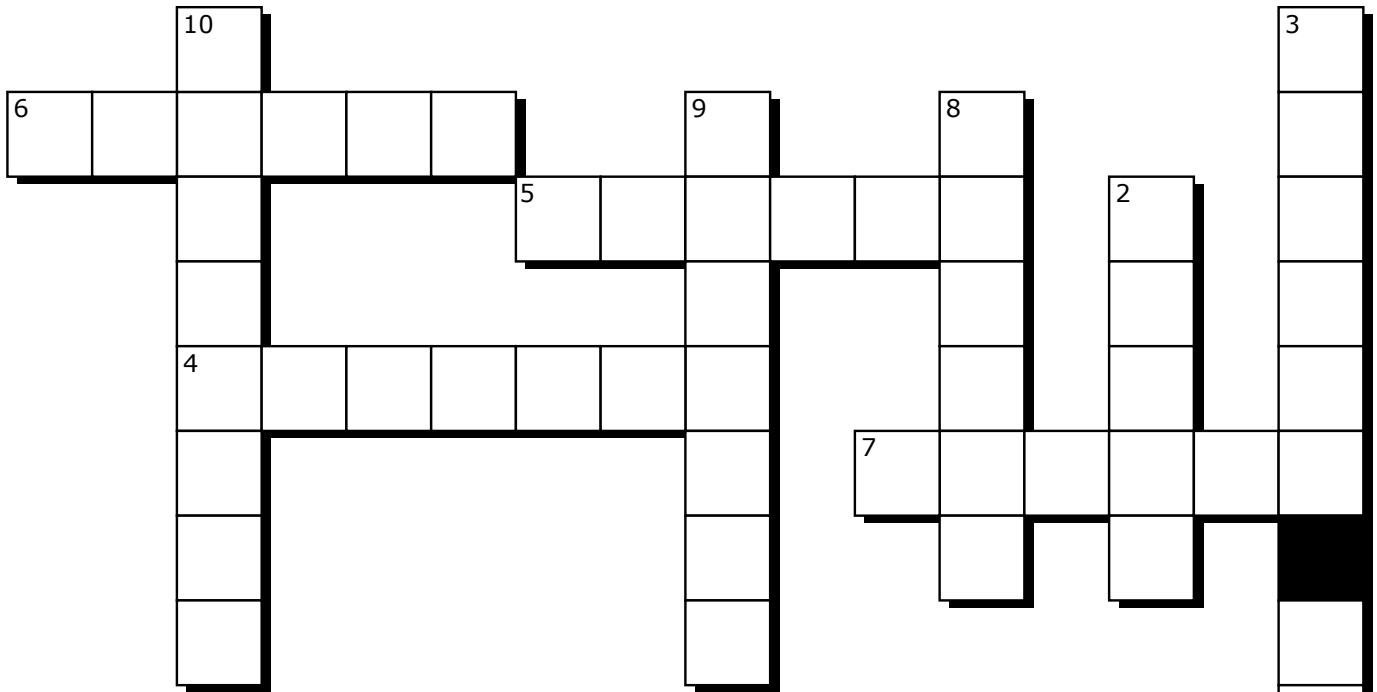
V O D R Y E G D H V G Y A P M
T A M I H C O N R O A W H A Q
Q P Y P D N M G A A W M N W C
I E R Z Y E O L S T W I B S K
V R P R L F O A O T T R E Y I
B N O X Q E S F M O I E O L M
U Y U H B D E F B X M C C F X
Q C P U M J G A W D J E K I C
P L O M X A O A D E M A T N U
U U B R C R B V O S S A P Y D
C A W L G O A L I E H E E V L
K T R X Y P I J K S T K H K S
W O S Q X O V H F V C O L V E
F R X W O X S C I O E K Z C E
S F A T H S C C H Q V S M B I

DEFENCE
FORWARD
GOAL
GOALIE

GOMOOSEGO
HOCKEY
ICE
MANITOBA

PASS
PUCK
STICK
UNTAMED

HOCKEY CROSSWORD

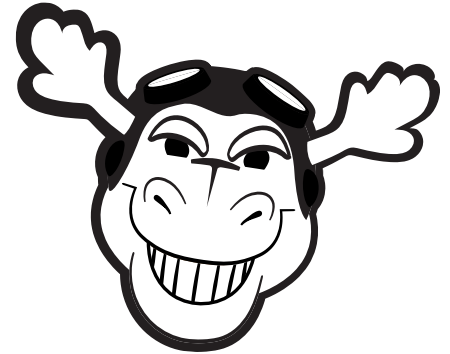


1. You hit this with a hockey stick.
2. Mick E. _____
3. What the players hold.
4. On-ice rule enforcer.
5. Protector of the crease.
6. What players wear on their feet.
7. What players wear on their torso.
8. What protects the player's head?
9. To start the game, we must do this.
10. A 3 goal performance.

SLAPSHOT SCRAMBLER

Unscramble the Moose Hockey 101 terms below and arrange the circled letters to solve the last scramble.

F C F O E A F						
	○	○				



R T A T H I K C							
		○	-				

O P A H L S S T							
		○	○				

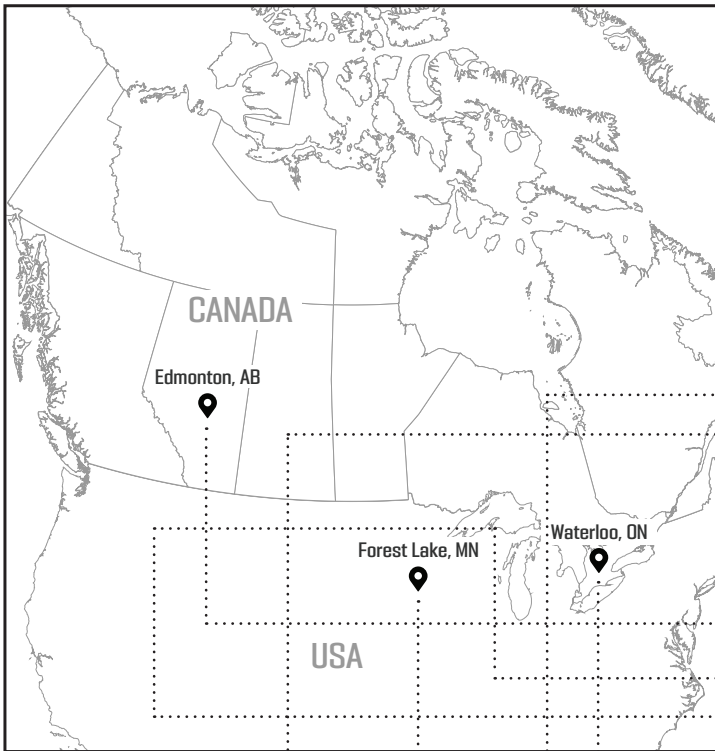
O S M I E E O K C M									
	○								

This is what the 'C' stands for on a hockey player's jersey.						
○	○	○	○	○	○	N

GEOGRAPHY GOAL

Follow the maze to figure out where each Manitoba Moose player's hometown is located on the maps. Fill in the blank with what city and country they are from!

NORTH AMERICA



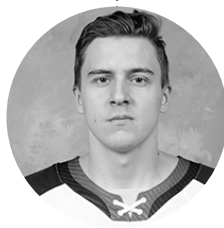
EUROPE



MIKHAIL BERDIN



ERIC COMRIE



LEON GAWANKE



DAVID GUSTAFSSON



LOGAN STANLEY



CJ SUESS

MOOSE BAG MIX-UP

Ten Manitoba Moose players forgot to put their name tags on their equipment bags. Use the clues to figure out which equipment bag belongs to which player. Write the player's name below their bag.

1. **Eric's** bag is above **Logan's** and to the left of **Mikhail's**.
2. **Leon's** bag is between **David's** and **Johnathan's**.
3. **Seth's** bag is above **David's**, and between **Eric** and **CJ's**.
4. **Cameron's** bag is below **Mikhail's**, and they are the last bags on the right.
5. **Jimmy's** bag is above **Johnathan's**.



JERSEY MATH

Use the numbers of the jerseys to determine the numerical answers to the questions below.



NELLY NET



GREG GOALIE



PAUL PUCK



STEFANIE STICK



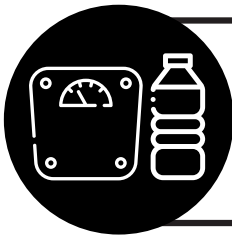
JOE JERSEY

1. Paul Puck + Greg Goalie =

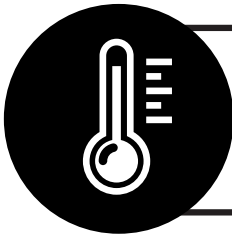
2. Joe Jersey - Stefanie Stick - Paul Puck =

3. Stefanie Stick x Nelly Net =

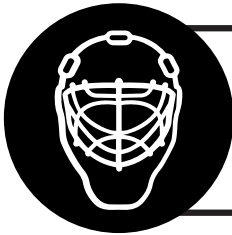
4. Joe Jersey ÷ Nelly Net =



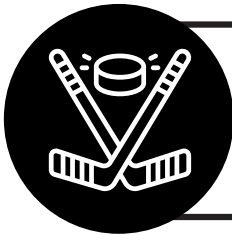
Over the course of a game, players can lose between five and eight pounds of body weight. This weight is mostly water, which is why a player drinks liquids on the bench to replenish his/her body.



The temperature of the ice during a game is -5° Celsius (C). Water has a freezing point of 0° (C).



Goalie masks are made out of Kevlar, the same material used in bulletproof vests for police officers.



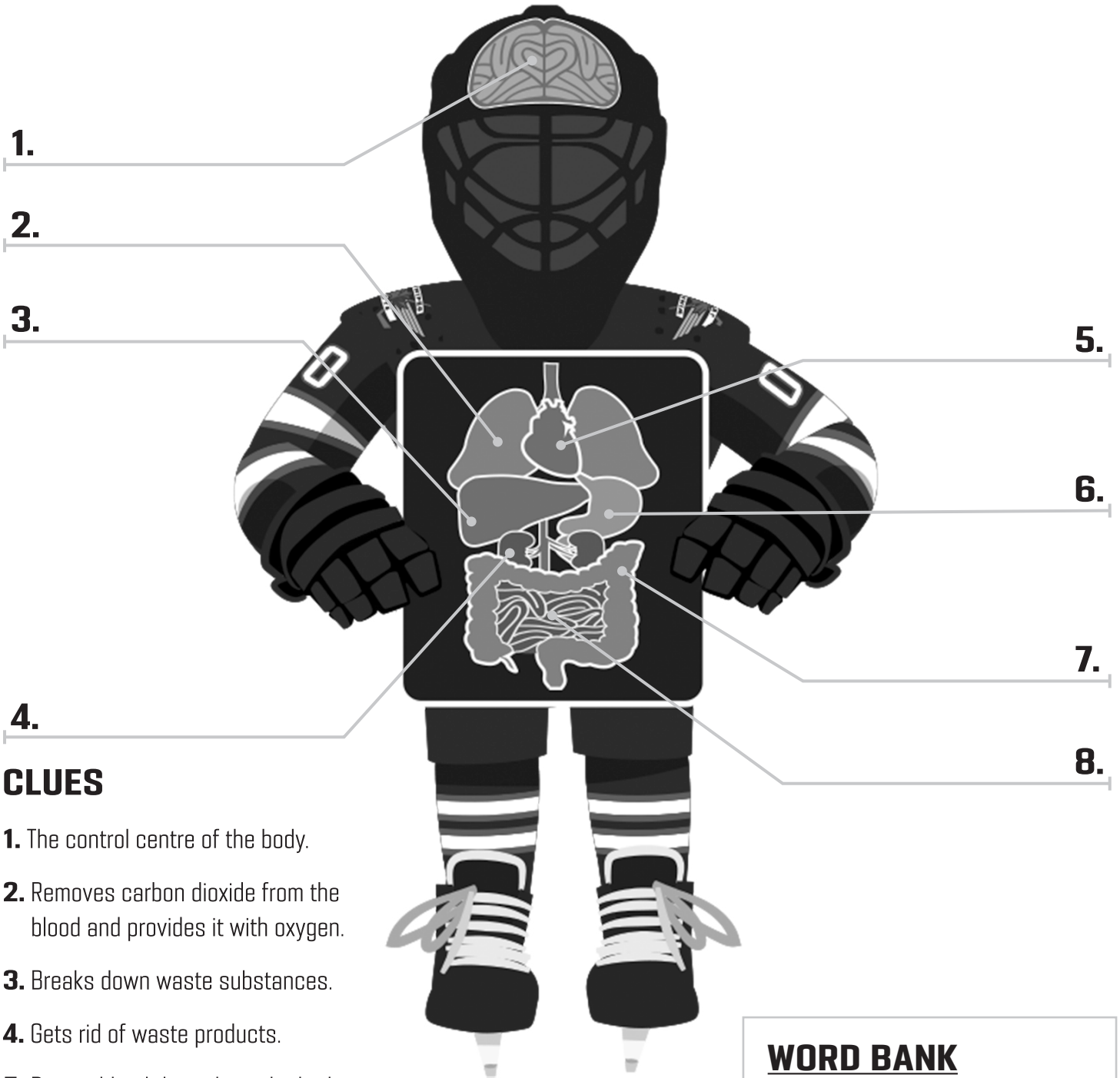
New materials for hockey sticks included aluminum and carbon-graphite, which generally weigh less than wooden sticks. A player's slap shot can reach speeds up to 174kmh.

Use the fun facts above to answer the questions below.

1. What temperature is the ice during a hockey game?
2. How much weight can a player lose over the course of a game? What type of weight is it?
3. Up to what speed can a puck travel from a player's shot?
4. Goalie masks are made of what material?

PLAYER ANATOMY

Using the descriptions below, label the main organs of the human body.



CLUES

1. The control centre of the body.
2. Removes carbon dioxide from the blood and provides it with oxygen.
3. Breaks down waste substances.
4. Gets rid of waste products.
5. Pumps blood throughout the body.
6. Holds and digests food.
7. Extracts water from food.
8. Digests and absorbs food.

WORD BANK

BRAIN	LIVER
HEART	STOMACH
KIDNEY	LARGE INTESTINE
LUNGS	SMALL INTESTINE



AT HOME MISSION IMPOSSIBLE DAY

ACTIVITY 1: LASER MAZE

Materials Needed:

- String or streamers
- Tape

Directions:

- Take string and build a course of crisscrossed string down a hallway
- Goal: to get through without touching the string
- If they touch, they have to start over





AT HOME MISSION IMPOSSIBLE DAY

ACTIVITY 2: INVISIBLE INK MESSAGES

Materials Needed:

- Half of a lemon
- Water
- Spoon
- Bowl
- Q-tip
- White paper
- Lamp/light bulb

Directions:

- Squeeze the lemon juice into the bowl
- Add a few drops of water
- Mix the water and lemon juice with a spoon
- Dip the q-tip into the mixture and write a message onto the white paper
- Wait for it to dry so it is completely invisible
- When you are ready to read the invisible message, hold it up (closely) to the light bulb

Goal: Create and share their top-secret messages. Once they've finished creating their own designs/messages, have them pass around/trade pieces of paper with the others to reveal their creations. You can have pre-made pieces of paper with messages already written on them, and have your kid(s) try to decode/solve and have the answer in the invisible ink so when they think they've got it, they can reveal the right answer!

Examples:

Clue: What has hands but cannot clap? (*written visibly*)

- A clock (*written below in invisible ink*)

What has a head and a tail but no body? (*written visibly*)

- A coin (*written below in invisible ink*)

What falls in winter but never gets hurt? (*written visibly*)

- Snow (*written below in invisible ink*)

Decode:

D C R U E N O E V R (*written visibly*)

- Undercover (*written below in invisible ink*)

Joke:

What did one ocean say to the other ocean? (*written visibly*)

- It did not say anything, it just waved
(*written below in invisible ink*)



AT HOME EXPLORATION DAY

ACTIVITY 1: CHROMATOGRAPHY FLOWER MAKING

Materials Needed:

- White coffee filters
- Paper
- Mr. Sketch markers (or any water-based marker)
- Cups with water in them (filled only a little so only the tip of the filter hits the water)
- Scissors
- Clear tape
- Small sticks/twigs



Directions:

Explain to them that chromatography is the separation of a mixture by passing a solution through a medium. In this case, we'll be separating the colored ink in markers with water using white coffee filters

1. Have each child/family member choose a marker
2. Place a piece of paper in front of each person
3. Put the coffee filter on top of the piece of paper (the paper is meant to avoid as much mess as possible because the marker will go through the coffee filter)
4. With their marker, draw a thick circle around the center of the coffee filter (where the ridged part meets the flat center) - the thicker the better
5. Fold the coffee filter in half, then in half again (should be a cone shape)
6. Open up the top of the cone shaped filter so it balances on top of the cup
7. Make sure the tip of the filter is just touching the water
Do NOT let the marker circle go in the water (if it does, just have them start again)
8. Let it sit in the water and watch what happens, they can walk around and see what is happening for the other coloured markers
9. Let them sit until the colour reaches the edge of the filters
10. Let them dry - unfold them and set them on a piece of paper to dry so colours don't transfer onto the table
11. Once dry, can trim off outer white edges
12. Fold filter in half 4 times
13. Bunch it up and press the center together
14. Use the tape to attach it to the stick/twig
15. Can go out into your yard or an outdoor walk to collect the sticks



AT HOME EXPLORATION DAY

ACTIVITY 2: NATURE MOBILES

Directions:

1. Have kids/family members go and collect items such as sticks, rocks, whatever they would like to add to their mobile
2. Come back together and have them create their mobile by attaching their items to string
3. Have them colour the paper plate however they would like
4. Attach the string with the nature items to hang from the paper plate





AT HOME SURVIVOR DAY: PART 1

FAMILY BUILDING – Materials Needed:

- Coloured clothing, Paper, Markers

Goal:

- Pick the same number of colours that there are family members
- Put each colour on a separate little piece of paper and fold in half
- Put all colour options into a bowl/bag
- Have each person reach in and draw a piece of paper out, whichever colour they choose is their colour for the day
- Have them put on the respective coloured clothing that was selected
- *If there's an even number of family members, can choose to draw for teams as well as team colours rather than each family member for themselves
- Work to come up with and draw:
 - Team name
 - Team logo
 - Team slogan
- Vote amongst the family for top names, logos and slogans (separately)
- Can write votes down on a piece of paper or say them aloud
- **Can't vote for your own work
- However many votes each one gets is how many points that person gets to collect

Challenge 1: Marshmallow Eating

- Hang marshmallow from string
- Hands behind back, have to eat marshmallow
- If doing it individually, all go at the same time
- If you are in teams, then each team member goes one at a time, as soon as one team member finishes, the next one starts
- *All teams are going at the same time, just members within the team are going one at a time
- First team/person to finish wins and earns however many teams/family members there are (EX: 3 family members, first to finish gets 3 points, 2nd = 2 points, 3rd = 1 point)
- Don't have marshmallows?
Choose whatever food you would like to hang!





AT HOME SURVIVOR DAY: PART 2

Challenge 2: Clothespin 7-Up

- All teams/family members are competing
- Each person has 3 clothespins on the back of their shirt
- Have them all face each other in a circle
- On “go” they start to run

Goal:

Trying to get the clothespins off the backs of other players on the opposing teams

- When a person loses all three pins, they must step out
- Last team/person with clothespins remaining wins
- Score the same as the marshmallow challenge
- For every clothespin that remains for the winning team is an additional point
- Don't have clothespins? Not to worry! Use chip clips or whatever else you can find in the house to substitute

Challenge 3: The Popsicle/Dice Balance

- All teams/individuals are separated in their colours
- Each person gets a popsicle stick
- Hold the popsicle stick in the mouth
- Have to stack 5 dice on the popsicle stick without it falling off
- If any of the dice fall, they have to start over and go until they can stack all of them
- Same scoring as the other 2 challenges
- Once finished, if they can hold the dice on the stick while the other teams/members are finishing they will get additional points
- If you wish to increase the difficulty of this challenge, you can have each person balancing on something while trying to stack and/or increase the number that is required to remain balanced
- Kids vs adults: you can increase the level of difficulty for the adults but not for the kids
- Don't have a popsicle stick? Use a spoon!
- Don't have dice? Use whatever object is available (EX: chips)

Not ready to end here? Add points to at home tasks for the day!

Example - Points For:

Doing homework, cleaning up their toys when they're finished playing with them, helping to cook dinner, helping to set the table

MAY THE SOLE SURVIVOR BE FOUND AMONGST THE FAMILY!



CAMP MANITOU FUN FACTS!



- The Camp Manitou climbing wall is 25 feet tall and has 6 sides.
- We have over 2 kilometers of trails at Camp Manitou
- The zip-line is 100 feet long
- Camp has 12 cabins on site for overnight camp!
- Camp has 39 acres of space for lots of fun activities!
- The deepest part of the pool is 1.3 M or 4'6"
- There are 16 tires used at the Low Ropes Course
- Camp Manitou was established in 1930
- Our bannock recipe has 5 ingredients



- The speed limit on the grounds of Camp Manitou is 25km/h
- There are 20 steps to the top of the toboggan slide
- You need 3 things to start a campfire: fuel, oxygen, heat
- Camp Manitou has over 50 part-time staff for the summers
- We have 17 summer activities and 6 winter activities
- We are 3.1 KM away from Bell MTS Iceplex, where the Moose practice!





CAMP MANITOU WORD SEARCH

H I K E K M A E T W O L B G E
G N I N A G G O B O T L A Y N
J N O G N A S O G G S L N M I
S T I I N H R N U N C A N O L
V K I R E I I T O I R B O R P
F K A L E D H W S K A M C I I
S I T T L D S S Q I F O K E Z
S E E I I H L E I B T O G N R
R W U L O N S U R F S R A T E
R B I E D W G E O U H B M E T
C L I M B I N G T B T E E E A
S N O W M Y R E H C R A S R W
G M I T Y I N G E R I F N I A
S E P O R O N C R O S S W N L
C O U N T R Y G N I K A M G L

ARCHERY

ARTS

BANNOCK

BIKING

BOULDERING

BROOMBALL

BUILDING

CLIMBING

COUNTRY

CRAFTS

CROSS

FIELD

FIRE

FISHING

GAMES

GYM

HIKE

KNOT

LOW

MAKING

NATURE

ORIENTEERING

ROPES

SET

SHELTER

SKATING

SKIING

SNOW

SNOWSHOEING

SWIMMING

TEAM

TOBOGGANING

TYING

WALL

WATER

ZIPLINE

PROJECT 777 MINDFULNESS ACTIVITIES TO HELP YOU FIND YOUR CALM

ACTIVITY 1: BREATHING INTO YOUR BELLY

Most of us breathe incorrectly, especially when we are in a stressful situation. Think about your belly like it is a balloon. Hold your hand(s) on your belly. Breathe in deep to fill the balloon and breathe out to deflate it. Repeat this process 5 times and notice how you feel.

ACTIVITY 2: SINGING OUT LOUD

There is such a great feeling associated with singing along to your favorite tune. The physical act of singing out loud, even if it is off key, has been shown to release endorphins, the “feel good” chemical in the brain.

ACTIVITY 3: THREADING BEADS

Threading beads (or cut-up straws) onto pipe cleaners or string is an activity that requires focus and attention. This can have a calming effect as you sit quietly and concentrate.

ACTIVITY 4: MOVING YOUR BODY

Moving your body is a great way to get some exercise and help you “reset”. Try this! Set a timer for 2 minutes, put on some music, and jump to the beat of the song.

ACTIVITY 5: GOING FOR A RUN

Running has been shown to reduce stress! Going for a 10-minute jog can not only affect your mood immediately, it can help you to cope with stress for several hours afterward.

Take some time to think of things that bring YOU enjoyment and make you feel calm, focused and at peace.

ACTIVITY 6: BLOWING BUBBLES

Blowing bubbles, whether for a younger sibling or just for yourselves, is instantly calming as it requires focus and deep breathing.

ACTIVITY 7: COUNTING TO 5

When faced with a challenging situation or a big worry, close your eyes and count to five. This form of 5-second meditation offers the brain a chance to reset and might help you to see a situation from a different perspective.

ACTIVITY 8: GOING ON A GRATITUDE WALK

With every step you take, focus your attention on something you are grateful for; your family, your friends, the sunshine, your health, etc. Move at your own pace, being thankful with every step



Exercise is an important part of our day as it has both physical and mental benefits

Physical Benefits:

- increase energy
- increase bone density
- increase strength
- increase conditioning (cardio vascular endurance)

Even though our sports or activities may have been canceled it is still important to be active and exercise. Sports is a collection of skills that we perform while playing a game. A lot of the time we are having so much fun playing that you may not have even realized yourself performing these skills. There is balance, strength, reaction time, agility, hand eye co-ordination, conditioning and many more. Let's take some of these and continue to work on them. The best part is we can do this right from home.

Balance: start in a good athletic position with our knees slightly bent and chest up. Lift one foot so we are balancing on one leg. Try holding this for 30 seconds on each side. If you can do that try for 60 seconds each side. Once you master that try doing it but change your line of sight as you go. Slowly look up, down, left and right as you hold for the 60 seconds. If you can do that you are pretty good, try holding your balance the whole time with your eyes closed as a final test.

Strength: there are five main foundational movements to strength training: push, pull, squat, hinge and carry.

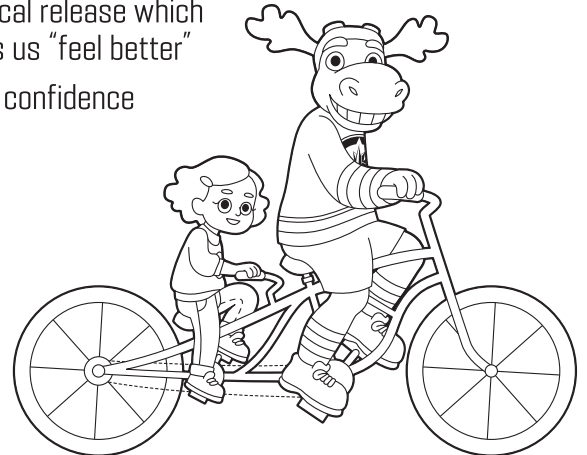
Here is a bodyweight circuit that covers them all.

1. Squat x 10
2. Push Up x 10
3. Hip Lift x 10
4. Prone Y, T, W's x 10/each
5. Front Plank x 30-60 seconds

**Perform 3 rounds resting
90 seconds between rounds**

Mental Benefits:

- reduce stress
- chemical release which makes us "feel better"
- builds confidence



Agility/Reaction Time: line up 5 cones in a row about 2-3 feet apart from each other. If you don't have cones you can use anything. Number the cones from 1-5. Start in front on the middle cone (#3) in a good athletic stance. Have a friend or family member call out different numbers, while you shuffle side to side to reach the numbers. Stay low and move your feet quick. After 10 call outs rest 30 seconds. Repeat 5 times.

Hand Eye Coordination/Reaction Time: start in a good athletic stance with your hands in front of you, palms facing down. Have a friend or family member hold a tennis ball in each hand about 6 inches over your hands. On their movement they will drop one of the balls, quickly turn your hand over so now your palm is facing up and catch the ball in your hand. Perform 5 drops then take a short 30 second break. Repeat 3 times.

Conditioning: if you are inside find a little floor space and get ready to work! Perform 20 seconds of jumping jacks, rest 10 seconds, perform 20 sec of high knees, rest 10 seconds. Keep rotating through this until you have done each one 5 times. If you are able to get outside, get some fresh air, ride your bike or go for a run!

Remember just like sports exercise is supposed to be fun! Work hard and enjoy yourself!

NUTRITION GUIDE

Eating a well balanced, nutritious diet plays an important part of our health. Healthy foods give us energy, help our brains function and help our bodies recover from exercise and competition. This is done by our bodies using the macro and micro nutrients that we receive from eating these foods.

The 3 macro nutrients are:

Protein: builds and repairs muscle tissue

Good Choices: beef, chicken, eggs, fish, milk, yogurt

Carbohydrates: best source of energy for the body and brain.

Good Choices: oatmeal, rice, potatoes, yams, quinoa

Fats: help regulate hormones and body temperature, help absorb vitamins.

Good Choices: fish, nuts, avocado

Micro nutrients are vitamins and minerals that help regulate hormones, aid in recovery and keep our immune system functioning at a high level. We get micro nutrients from fruits and vegetables. The goal is to eat fruit or vegetables at every meal!

Here are some good examples:

Fruits: apples, berries, melon, bananas, pineapple

Vegetables: broccoli, cauliflower, spinach, carrots, cucumbers, green beans, celery

All fruits and vegetables are good!

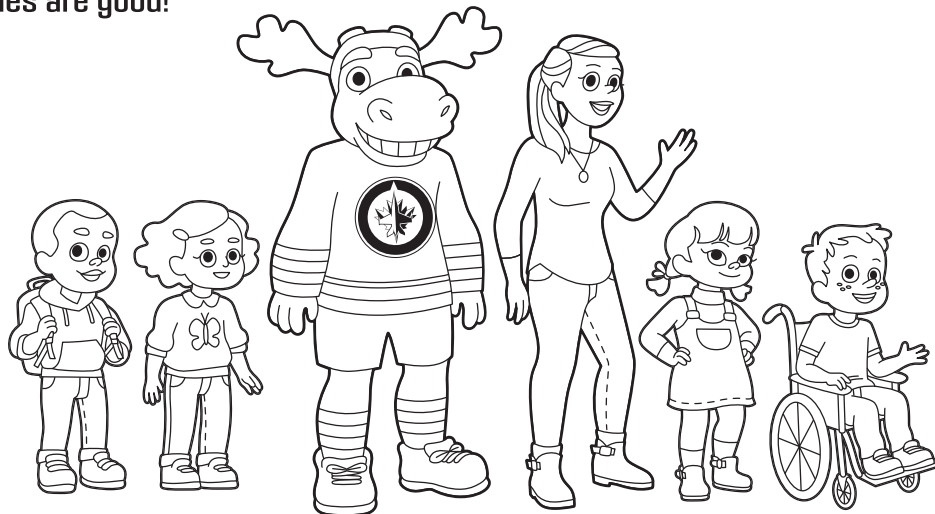
Stay hydrated! Staying hydrated is important for our physical and mental performance. Water is always the best choice. Ditch the sugary high calorie drinks like juice and soda and aim to have 3 litres of water a day.

Snacks: often times snack food is highly processed and not very healthy. Here are some simple ideas for you to try that are delicious and nutritious:

- apple slices with peanut butter
- greek yogurt and fresh or frozen berries (your choice of berry)
- trail mix (mixed nuts with dried fruit)
- fruit salad (mixed fruit cut up)
- sliced fruit and vegetables (the more convenient they are the more they get eaten)

Nutrition Challenge:

Have one serving of fruits or vegetables and a glass of water with every meal!





AT HOME STICK HANDLING

JETS HOCKEY DEVELOPMENT

Equipment Needed:

Stick, Gloves, Smart Ball (same weight as a hockey puck) or any ball that slides, flat surface, and 2 pucks.

All exercises will be performed for 3 sets of 30 seconds with the body in an athletic position (feet shoulder width apart, knees bent and chest up) and the eyes up.

Exercises:

1. In Between Toes Imagine there are two lines in front of your toes and keep the ball between the two lines. Hands should be shoulder width apart. The ball should move side to side.

2. Forehand Side Move the ball to the forehand side and work the ball forward and back. Imagine there is a line through your hips to the side and the ball doesn't go behind the hips across the line. Work to keep the top hand away from the stomach.

3. Backhand Side Rotate through the core to bring the ball to the backhand side. Keep the toes pointing forward and the eyes looking straight ahead. Again, imagine there is a line through the hips and ball does not go behind the line. The ball should move forward and back.

4. Combination of 1 & 2 - move the ball between the position in between the toes and to the forehand side. This is an important movement in a game to get the puck into a shooting position so work to pull the ball quickly to the forehand side. Work the ball between the 2 spots.

5. Combination of 1 & 3 Move the ball between the position in between the toes and to the backhand side. This is an important movement in a game to get the puck into a position where it is protected or into a shooting position.

6. All Around the Body Try to work around the body in a half circle from the forehand side to the backhand side. Don't let the puck go behind the hips.



7. Record your Reps Figure 8 using 2 pucks (or any small obstacle) that are one stick length apart. How many figure 8's can you do in 30 sec? Try to bring the ball toward the feet first. This will be called UNDER for figure 8's. Try to eliminate any extra stick handles in the middle and work to pull the ball quickly to the next puck.

8. BONUS Using a partner, try to use the exercises above with someone showing you numbers on their fingers. As soon as you see the number, call it out as loud as you can! Try to go for 30 sec and then switch so they can see how tough it is.

For more detailed on ice development information please contact Dave Cameron at dcameron@tnse.com

ANSWER KEY

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HOCKEY CROSSWORD

1. PUCK 2. MOOSE 3. HOCKEY STICK 4. REFEREE 5. GOALIE 6. SKATES 7. JERSEY 8. HELMET 9. FACEOFF 10. HATTRICK

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SLAPSHOT SCRAMBLER

FACE OFF, HAT-TRICK, SLAP SHOT, MICK E. MOOSE, CAPTAIN

PAGE 8

GEOGRAPHY GOAL

ERIC COMRIE (EDMONTON, AB), LOGAN STANLEY (WATERLOO, ON), LEON GAWANKE (BERLIN, GERMANY)
C.J. SUESS (FOREST LAKE, MN), DAVID GUSTAFSSON (TINGSRYD, SWEDEN), MIKHAIL BERDIN (UFA, RUSSIA)

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MOOSE BAG MIX-UP



JIMMY

CJ

SETH

ERIC

MIKHAIL



JONATHAN

LEON

DAVID

LOGAN

CAMERON

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JERSEY MATH

1.7 2.3 3.7 4.13

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LIL SKY THE SCIENCE GUY

1. -5° CELSIUS 2. 5-8 POUNDS, WATER WEIGHT 3. 174 KM/H 4. KEVLAR

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PLAYER ANATOMY

1. BRAIN 2. LUNGS 3. LIVER 4. KIDNEY 5. HEART 6. STOMACH 7. LARGE INTESTINE 8. SMALL INTESTINE