

THE TICK MACARENA

INFO



AGES 8-9



LOCATION
In a room



DURATION
10 to 15 minutes



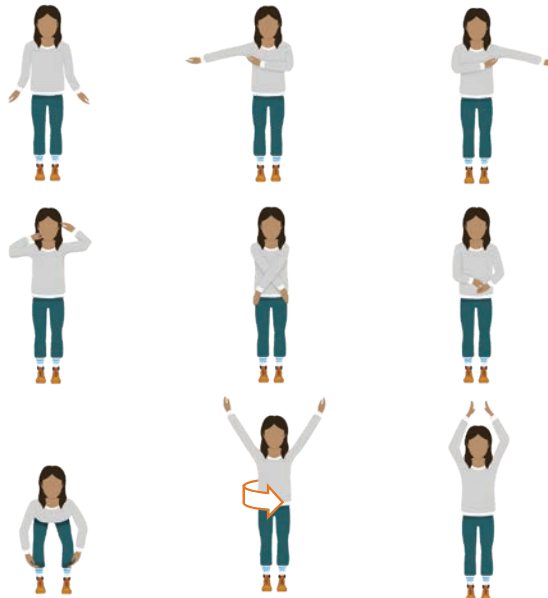
LEVEL OF DIFFICULTY
Moderate

OBJECTIVE OF THE ACTIVITY

To help children understand that they can do tick checks in a fun way using *The Tick Macarena* choreography.

INSTRUCTIONS

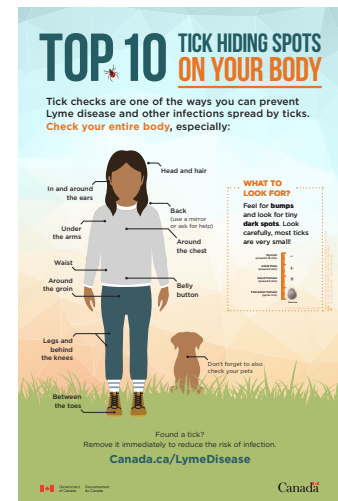
- Children dance *The Tick Macarena* using the choreography and following the rhythm of the music.
- Dance the choreography 4 times to complete a full circle.



MATERIALS



- *The Tick Macarena* choreography
- Search “Macarena” on any streaming service to play during this activity
- *Top 10 tick hiding spots on your body* poster



BEFORE YOU START

Using the *Top 10 tick hiding spots on your body poster*,

Explain that:

- Ticks can be found anywhere on your body.
- It is important to check your entire body especially the top 10 tick hiding spots on your body.

ADDITIONAL INFORMATION

- Remind the children that if they find a tick, they should ask an adult for help to remove it.
- The adult must remove the tick with clean, fine-point tweezers.
- They should grasp the head of the tick as close to the skin as possible and pull slowly.

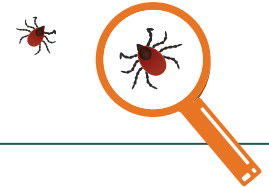
Show videos:

[👉 Top 10 tick hiding spots](#)

[👉 How to properly remove a tick](#)

Test their knowledge:

[👉 Interactive games](#)



ENJOY THE OUTDOORS,
WITHOUT A TICK!



THE TICK MACARENA

1

Look at both sides
of your hands



2

Touch under
one arm



3

Touch under the
other arm



4

Touch your head
and behind
your ears



5

Touch your waist,
around the
belt area



6

Touch your
belly button



7

Check your ankles



8

Take a quarter turn



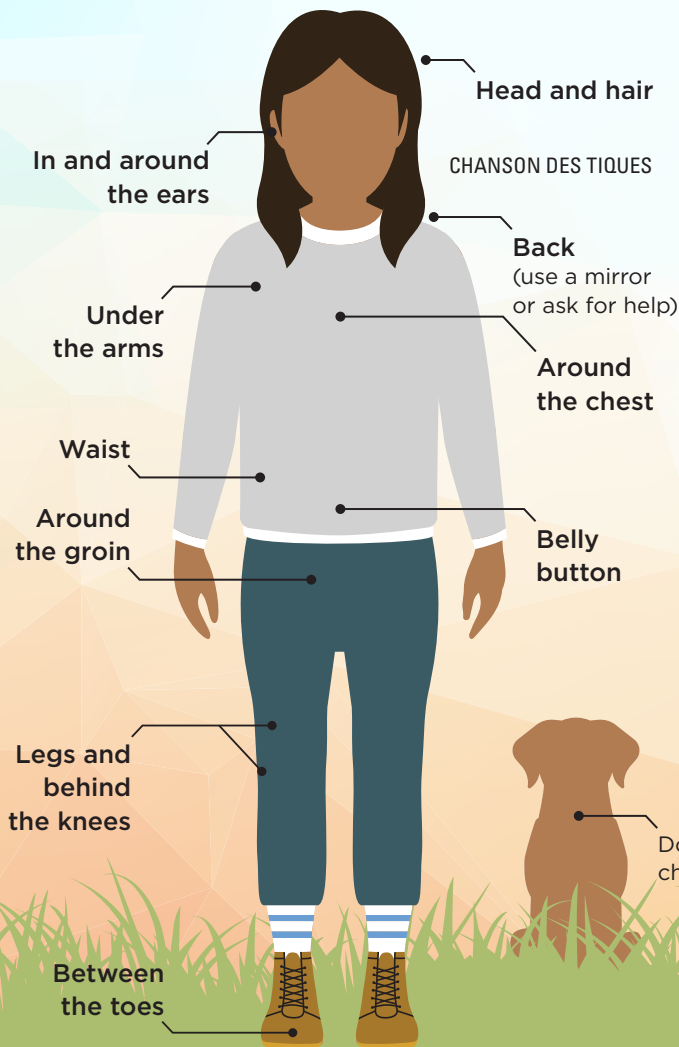
9

Clap your hands
and start again!



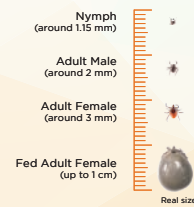
TOP 10 TICK HIDING SPOTS ON YOUR BODY

Tick checks are one of the ways you can prevent Lyme disease and other infections spread by ticks. **Check your entire body**, especially:



WHAT TO LOOK FOR?

Feel for **bumps** and look for tiny **dark spots**. Look carefully, most ticks are very small!



Photos: URB Tick Encounter Resource Centre

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Don't forget to also check your pets

Found a tick?
 Remove it immediately to reduce the risk of infection.

Canada.ca/LymeDisease