

# THE TICK MACARENA

## INFO

 AGES 10-11

 LOCATION  
In a room

 DURATION  
10 to 15 minutes

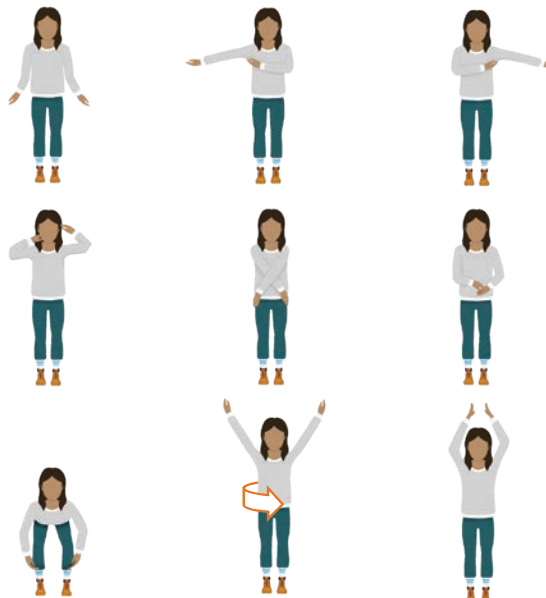
 LEVEL OF DIFFICULTY  
Moderate

## OBJECTIVE OF THE ACTIVITY

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

## INSTRUCTIONS

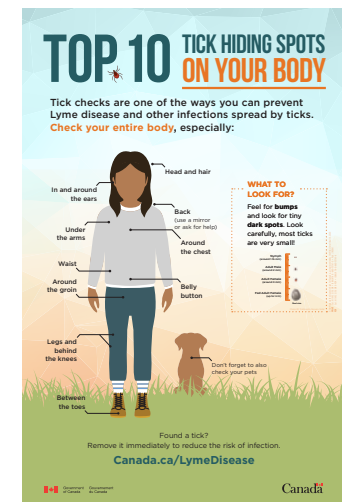
- Children dance *The Tick Macarena* using the choreography and following the rhythm of the music.
- Dance the choreography 4 times to complete a full circle.



## 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.

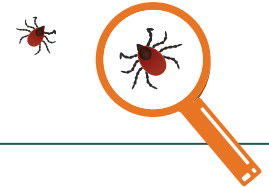
Show videos:

 [How to properly remove a tick](#)

 [Top 10 tick hiding spots](#)

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



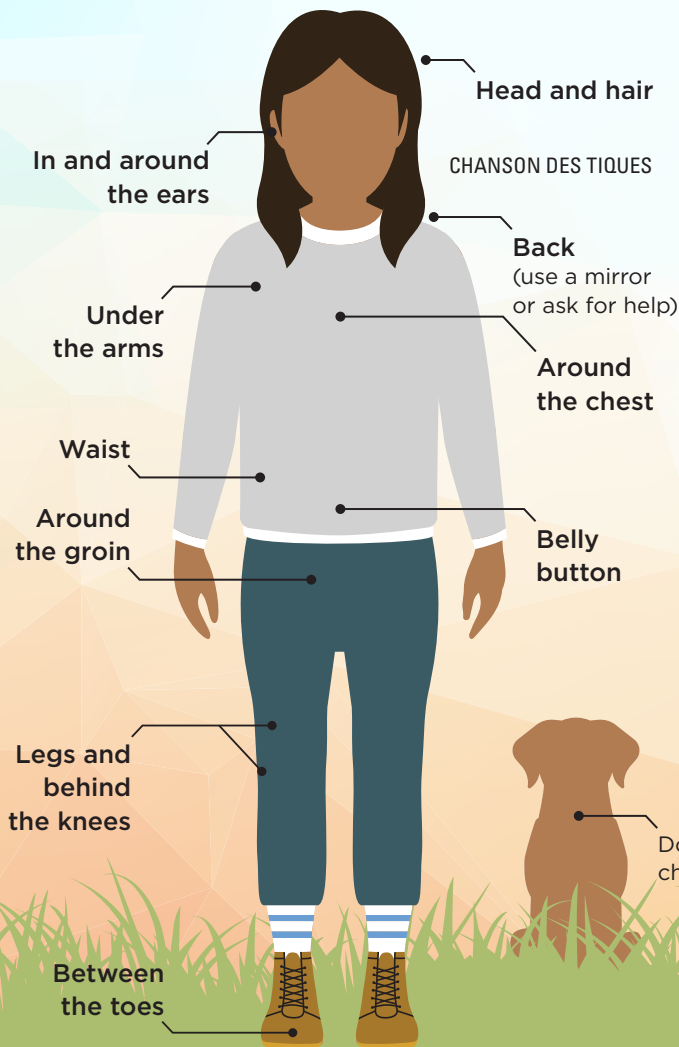
9

Clap your hands  
and start again!



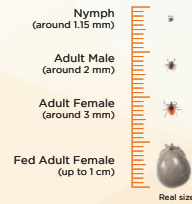
# TOP 10 TICK HIDING SPOTS ON YOUR BODY

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: US Tick Encounter Resource Center

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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](https://Canada.ca/LymeDisease)