

 American Girl<sup>®</sup>

McKenna's  
Gymnastics  
Training 



**MEGA  
BLOKS**<sup>®</sup>



## Meet McKenna!

More than anything, Girl of the Year® McKenna Brooks loves gymnastics! She dreams of being a champion one day. McKenna knows that practicing and staying positive—even when she's nervous—will help her reach her goals. And have fun, too!

### **She's ready to fly.**

McKenna's been practicing new elements on the high bar all week at Shooting Star Gymnastics. Now it's time to compete at a meet. Will she take home the blue ribbon?

*I've got this*, thinks McKenna. Her teammates yell to her with the team cheer: "Ready to work?" She responds, "Ready to fly!"

## Blue sky in... gray sky out!

McKenna knows that staying positive will help her in gymnastics.

When she feels nervous, she thinks about her motto: "Blue sky in... gray sky out." She takes a deep breath and imagines filling her lungs with blue sky.

As she exhales, she lets go of any gray sky and stress. *Ahhh!*

To learn more about McKenna, visit [americangirl.com/play](http://americangirl.com/play).





# IT'S TIME TO BUILD YOUR STORY



The journey begins when you open the box. Find everything you need to build your story, and get ready to start building!



Remove the instructions and take all the bags of pieces out of the box—you're almost ready to start building. Make sure you have your instructions handy!



Let's get organized! Take all the pieces out of the bags and lay them out where you can see them. Be careful not to lose any.



Pull the tab to take your American Girl mini figure out of the window. Now it's time to build your story!

# YOUR BUILDABLE FIGURE

**Did you know you can personalize your American Girl mini figures?**

Collect them all, then mix and match pieces from each to customize them.

Use the different parts and accessories to change their look and style.

You can even create totally new characters that look like you and your friends!

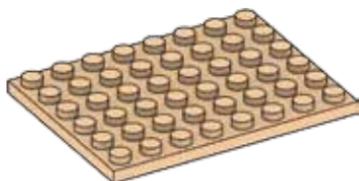




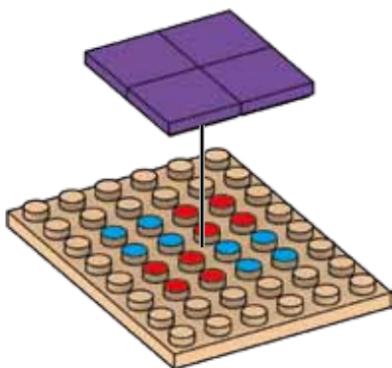
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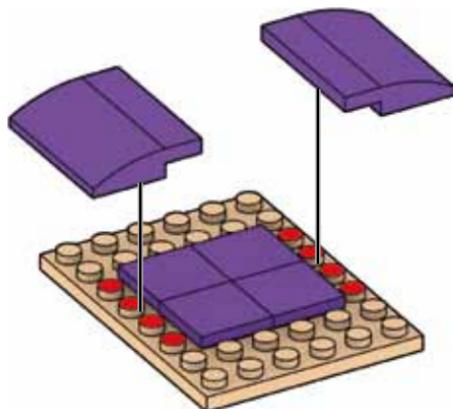
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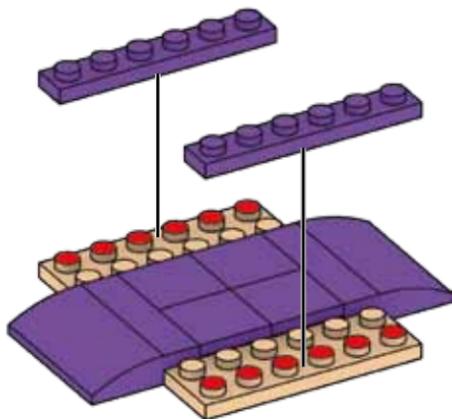




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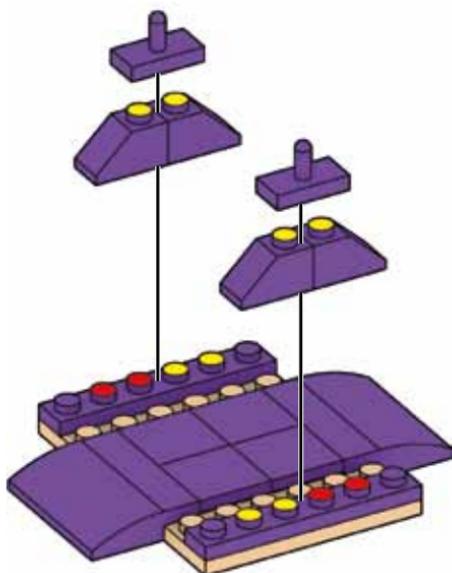
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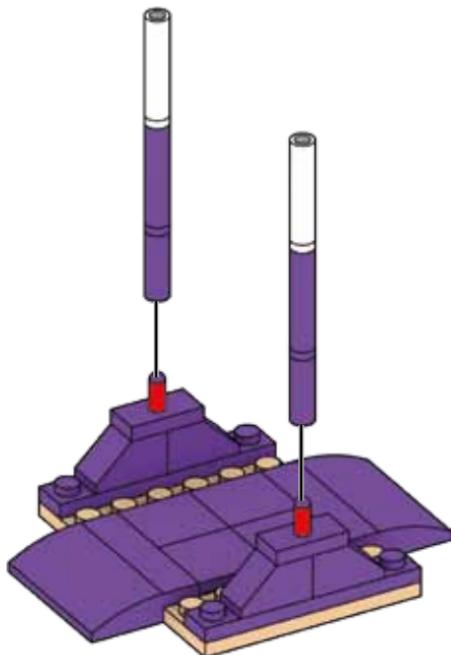
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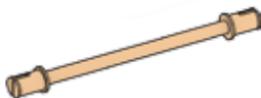
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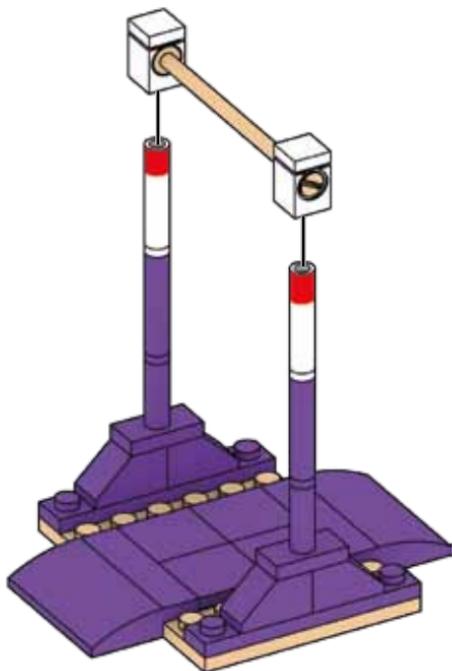
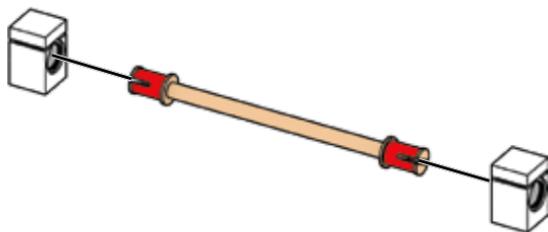
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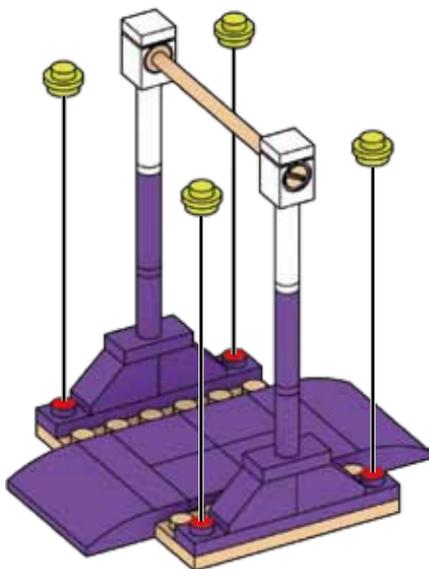


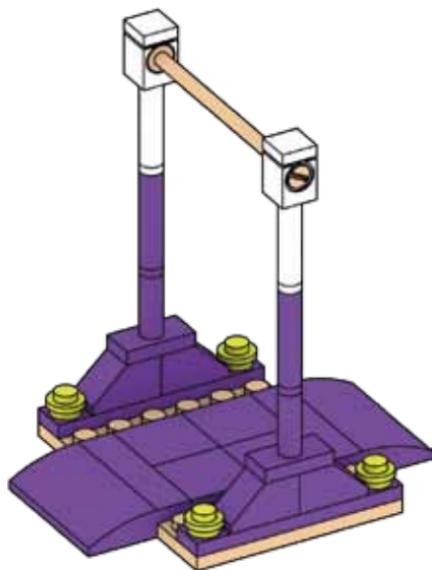


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### McKenna Makes it Happen!

McKenna uses a high bar at practice. It's a great way to learn the skills she will use in her routine on the uneven parallel bars. Whenever McKenna has a big task before her, like learning a new skill, she breaks it down and takes it one step at a time.

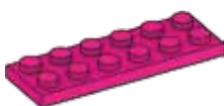




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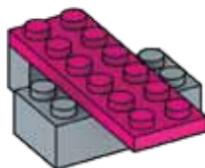
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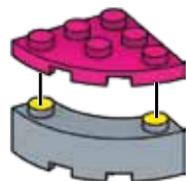
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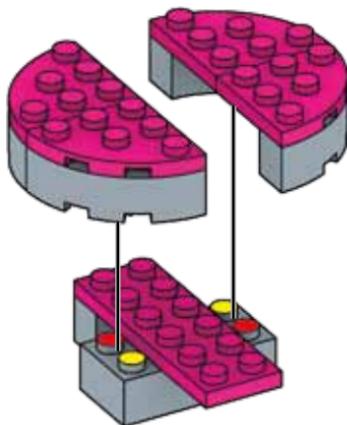
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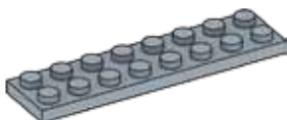




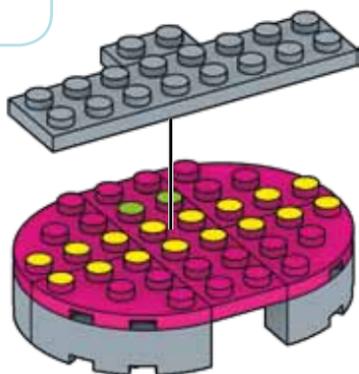
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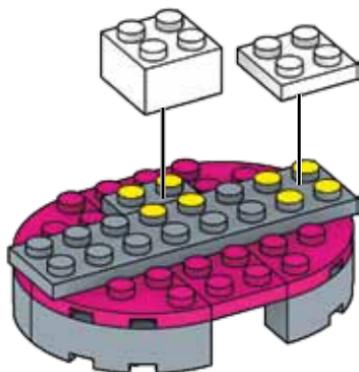
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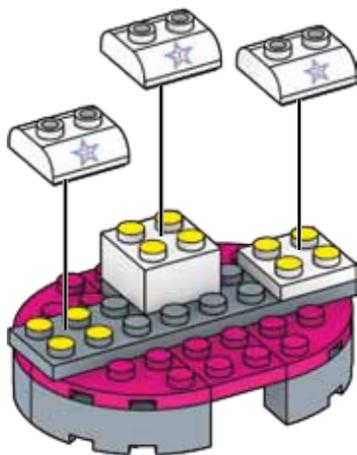
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### McKenna Gets Graceful

The long ribbon is used in *rhythmic gymnastics*. A gymnast holds the ribbon while she swirls and twirls in her floor routine. When McKenna watches a rhythmic gymnast perform, she gets excited to try the sport herself! She loves trying new things.





13



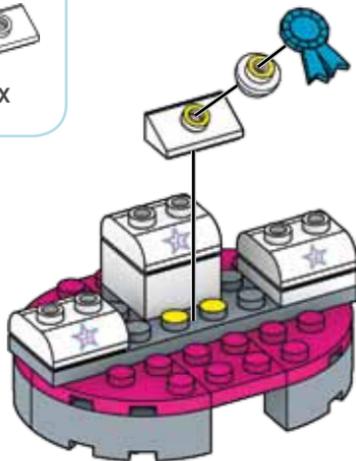
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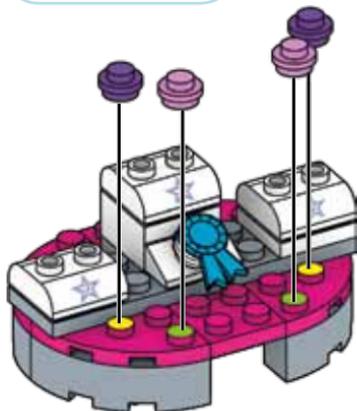
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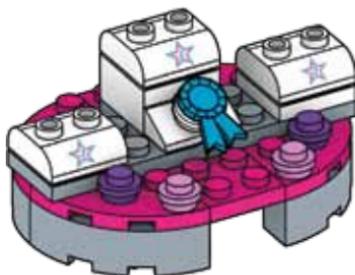
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15



15



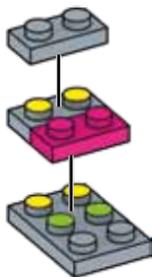
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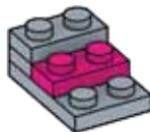
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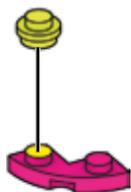
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17



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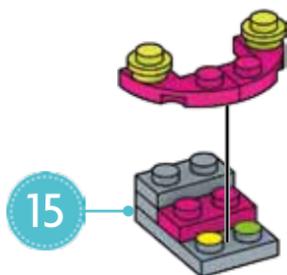
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2



18



1



2



### Be Your Best!

The blue ribbon is awarded to the gymnast who wins first place. McKenna learns that all girls have their own special strengths.

What makes you YOU? Write down three positive words that describe you.

The only rule is you can't use the word "nice!"

SERIOUS

THOUGHTFUL

SILLY

GENTLE

I am...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

EAGER

KIND

DARING

FUNNY

SMART

BRAVE

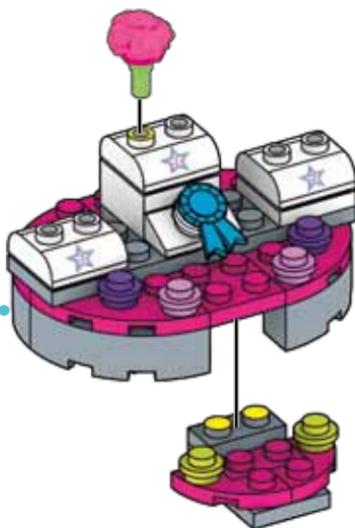


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1x

14



### Get Hoppy!

If she does well, McKenna will take her place on the awards stand. Her best event is balance beam. Test your balance by standing on one foot.

Lift your other foot behind you and hold it with your hand. How many times can you hop in place before you lose your balance?

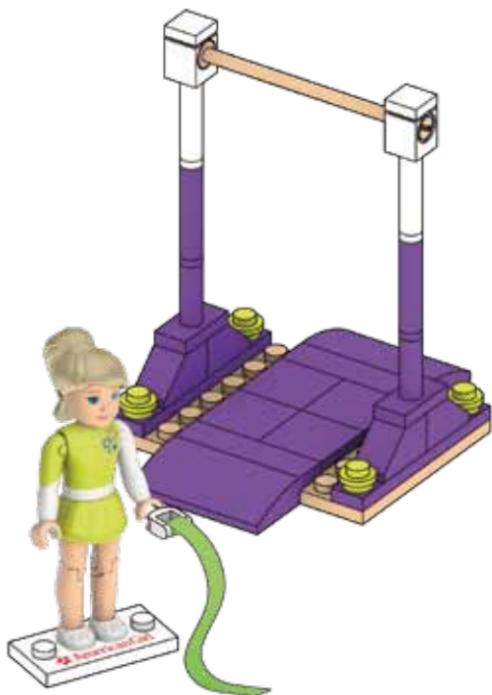
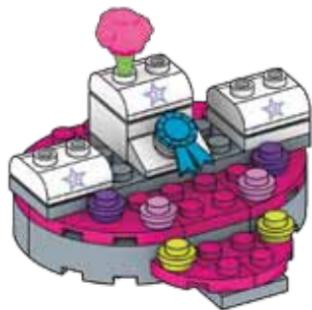




20



1x





## Congratulations!

You're all done building...  
but the story is just beginning!

Now that you've built McKenna's  
Gymnastics Training, you can tell  
her story your own way.  
Recreate your favorite moments,  
or build the next chapter  
in McKenna's tale!

## Here are some ideas to get you started:

It's practice time at Shooting Star Gymnastics. McKenna finds the ribbon that another girl has left behind. McKenna has never used a ribbon before, but it looks like so much fun. Turn on your favorite song, and create a routine for her. Try a slow song, and then a fast one. How does the music affect her routine? Does she find all-new ways to use the ribbon?



McKenna dreams of making the competitive team one day. What would that be like? Imagine her at an important gymnastics meet. What comes easiest for her? What is hardest?



Guess what? There's a baby bird loose inside Shooting Star Gymnastics! He's hiding high up in the gym. Build something tall so that McKenna can take a closer look. What happens next?



One day, McKenna takes a tumble and gets hurt at practice. How does she handle her injury? Does she decide to rest, or does she push herself harder? How does she deal with the challenge?



Be a story builder! Anything can happen when you're in charge. What other tales can you come up with?

1x  
AM18560E



2x  
AM01113ASY



2x  
AM01113AEN



6x  
AM01113ANY



2x  
AM17003AEN



2x  
AM17003E



2x  
AM07223E



1x  
AM77912VS



2x  
AM17506AEN



2x  
AM18630E



1x  
AS-DPK82-04



1x  
AM09393ATC



3x  
AM09393APG



2x  
AM17070AEN



2x  
AM04322ATC



1x  
AM73989E



4x  
AM01322AEN



1x  
AM09013APG



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AS-DPK82-01



1x  
AS-DPK82-02



1x  
AS-DPK82-03



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AM09023E



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AM03773E



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AM0948AEN



2x  
AM72233AEN



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AM72233E



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AM73003APG



1x  
AS-DPK83-06



1x  
AM09033APG



2x  
AM72412AEN



2x  
AM09292AEN



1x  
AM01480ATC



1x  
AM74849AMR



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AM08483APG



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AX-DPK82-02



1x  
AM74678AMR



1x  
AM03772APG



4x  
AM17056ATC



1x  
FIG-DPK82-A



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Please read these instructions carefully before first use and keep them for future reference.



 **WARNING:**  
CHOKING HAZARD. Small parts.  
Not for children under 3 years.



You can collect them all!

*Mckenna.*



DPK82

*Grace.*



DPK83

*Nicki.*



DPK85

*Saige.*



DPK84

*Isabelle.*



DPK86

*Grace.*



DPK87

Each sold separately and subject to availability.

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