

EVENT IN A BOX

ELEMENTARY EDITION



GET YOUR KIDS EXCITED ABOUT BEING A CHAMPION FOR CHANGE AND DRINKING 1% MILK.



WHO IS THIS FOR?

Kids and their parents.

WHY IS THIS A GOOD IDEA?

Because 1% milk is a healthy choice for growing kids.

To join the conversation and talk about game ideas with other Nutrition Network partners, visit the discussion board at

EatWellBeWell.org/partners.

HOW LOW CAN YOU GO?



Explain to the group that this game is all about “going low,” which means drinking 1% milk. Have two children hold each end of a stick, such as a broom handle, about three feet from the ground. Have the other children line up and go under the stick by bending backward under it. Any child that touches the stick is out. Once everyone has had a turn, lower it about six inches and have them try again. Continue lowering the stick each round until there is only one player that can make it under the stick. Just how low can they go?

MOOMORY

Use the memory cards included, with drawings of milk cartons, yogurt, smoothies, etc. Place all the cards facedown, and flip a card over one at a time and then try to find its match. Each time a pair is found, take the two matching cards out until all the cards are gone. Tell the kids that they can also play Moomory online at EatWellBeWell.org.

MILK CARTON RELAY

Divide players into two teams. Start at one end of the room and create a marker 20 feet away (a desk, or tape on floor). Each team is given an empty 1% milk jug. Put enough sand or water in the bottom of each carton to add some weight to it, and replace the lid so it doesn't leak. The first player in each team will place the carton on their head and race to the marker and back trying not to drop the milk jug. The first player will then pass the carton to the next teammate and so on, until the last team member crosses the finish line. First team to finish is the winner!



This material was federally funded by USDA's Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. AzNN 5/10.