




Event in a Box



Elementary School Edition



Get your kids excited about being a Champion for Change.

Who is this for?

Kids and their parents.

Why is this a good idea?

Because building a strong family makes us all Champions for Change.



Family Activity Collage

Allow kids to bring in old magazines from home or find unused ones at your school/center. Have them look through magazines and newspapers to find pictures of things they like to do with their family. Children make a collage by cutting out and gluing pictures they find. After they finish making their collage, gather everyone together so they can share their artwork with the rest of the group. This gives kids a chance to see what kind of activities other children like to do with their families.



Champion for Change Comic Strip

Kids love comics, so why not let them create their own? You will need to make copies of the comic strip worksheet provided. The first block in each comic strip will be filled in and children have the other two blocks to play out the situations. The first comic strip is about cooking with their family, the second comic is about playing at the park and the third will be left completely blank so kids can create whatever they want.



Create Your Own Story

This game allows children to use their imaginations and creativity. We've provided a list of words you can use for this game. Write a different word on each piece of paper and pass it out at the start of the game. Then get all the kids to sit in a circle. You will start the story off with a sentence. The child sitting next to you adds on to your story with a sentence of their own. The next child will add on to theirs. The game ends with you wrapping up the story once all the kids have taken their turn. Make sure to encourage kids to play this game at home with their parents and siblings.

Here is a list of words you can use for this game: Hike, Cook, Run, Bike, Flowers, Soccer Ball, Grow, Fruits, Family, Park.



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