




Event in a Box



Preschool 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.



Color by Numbers

In this activity, children get to color pictures of family activities. We have provided 3 coloring worksheets. Make as many copies of these as you need for your group. Have the kids color in the worksheet(s) according to the number. Once they finish coloring the picture, encourage them to take it home and share it with their parents.



Simon Says



Simon Says is a fun way for kids to learn and be active at the same time. Instead of just the usual commands, like “Simon Says touch your nose,” use activities associated with the Grow a Healthy Child campaign, like “go on a hike.” When a child makes an action without you first saying “Simon Says,” that child must sit out for the remainder of the game. The game continues until there is only one child left.

Simon Says examples: Grow like a flower, go on a hike, kick a ball, ride a bike, water the plants.



Create Your Garden

Kids love to draw. This exercise lets children use their imagination to draw their ideal garden. Using crayons, markers, or paint, encourage kids to draw a garden with their favorite fruits, vegetables, flowers, and plants. Don't forget the sun and water. Ask them questions as they create their garden. Questions like, “Do apples grow on trees or vines?” or “Where do carrots grow?” This gives kids the chance to learn where fruits and veggies come from and ask questions if they don't know.



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