

EVENT IN A BOX

PRESCHOOL 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.

MILK, MILK, MOO



This is a take on “Duck, Duck, Goose.” Children sit in a circle facing inwards with one player standing outside the circle. This player then walks around the circle, touching each player on the head and naming them “Milk.” If at any point they name somebody “Moo,” that player has to catch the other before they can reach the space “Moo” has just left.

I’M A LITTLE MILK JUG

Children can sing and dance to this song, to the tune of “I’m a Little Teapot” (*dance motions in parentheses*).

First verse:

I’m a little milk jug,
Short and stout
Here is my handle
(*one hand on hip*),
Here is my spout
(*other arm points to top of head*)
When I get nice and cold,
Hear me shout
Just tip me over and pour me out
(*lean over*)

Second verse:

I’m a clever milk jug,
Yes it’s true
Here let me show you
What I can do
I can change my handle
And my spout
(*switch arm positions*)
Just tip me over and
pour me out (*lean over*)



GRAB A CARTON

Have each child bring in a washed, empty 1% milk carton or jug from home, either half or one gallon. Put the cartons on the floor, making sure there is one less carton than kids. As music plays everyone walks in a circle around the cartons. When the music stops, everyone must grab a carton. The child who hasn’t picked a carton is out. Each time a person is out, take another carton out from the center so that there is still one less carton than people. The winner is the child who stays in the game the longest.



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.