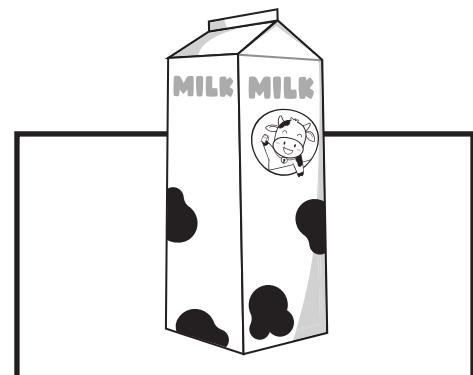




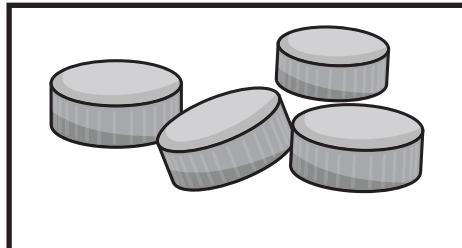
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For strong bones and moves!

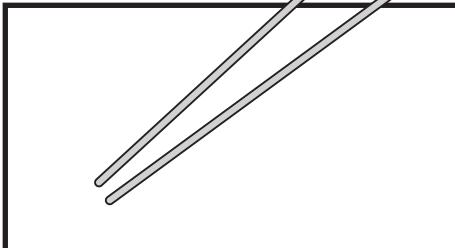
Grade 1 - Milk box car



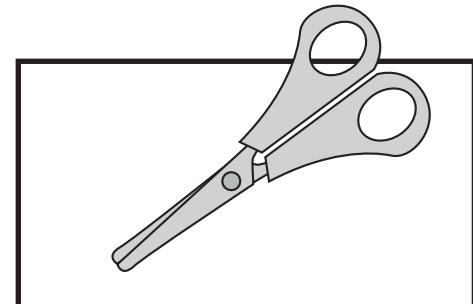
One empty milk carton (rinsed and dried)



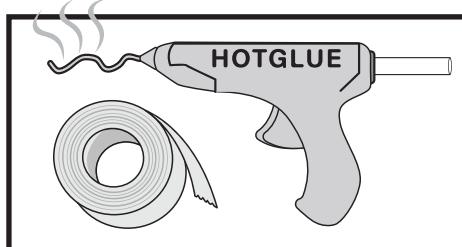
Four plastic bottle caps (same size) for the wheels



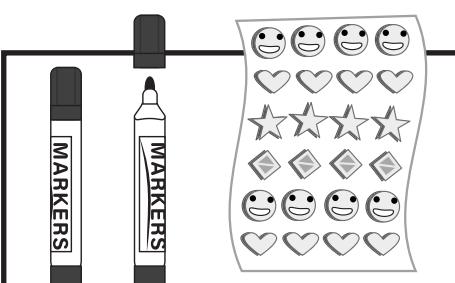
Two wooden skewers or straws (axles)



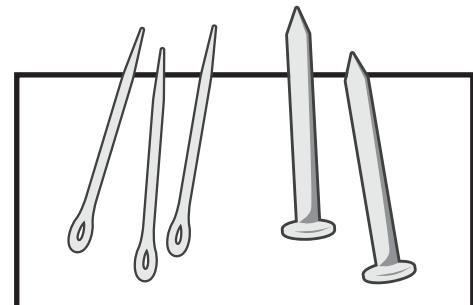
Scissors or craft knife (adult use only)



Tape or glue (adult supervision required)



Markers, paint, stickers – for decorating



A nail or sharp object to poke holes (adult supervision required)

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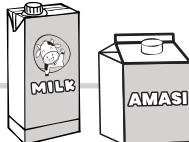
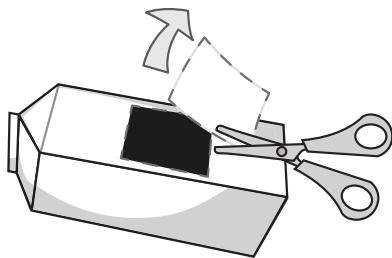
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Instructions:

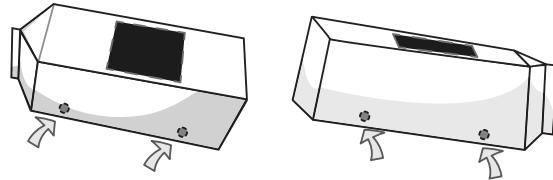
1. Prepare the milk carton:

Cut a rectangle from the top side to make an open-top car, or leave it closed for a race car style.

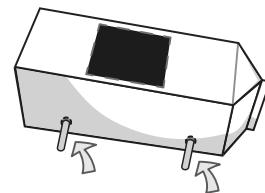


2. Make the wheel axles:

Poke two holes on each side of the milk carton (front and back) near the bottom – make sure they line up.



Insert a skewer or straw through the holes – these will be the axles.

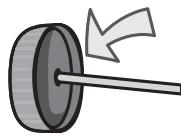


3. Attach the wheels:

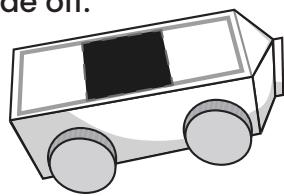
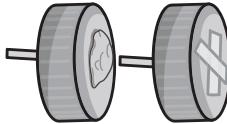
Poke a hole in the center of each bottle cap.



Slide one cap on each end of the skewers.



Secure the caps with hot glue, modeling clay, or tape so they don't slide off.



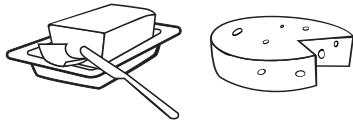
4. Decorate!

Use markers, stickers, paint, or even add paper cutouts for headlights, windows, or a spoiler.



5. Test drive:

Roll the car and see how it goes! Try different designs or ramp angles to see how far it can travel.



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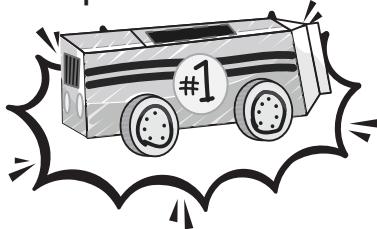
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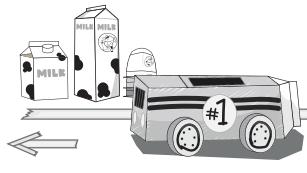
Grade 1 - Milk box car activity

What you will need:

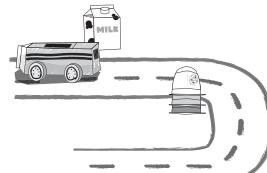
- Your own box car.
- Draw a track for your milk box car on the ground using chalk, or tape.



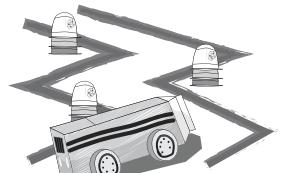
Use the chalk/tape to create different roads on the floor:



Straight lines



Turns



Zigzags

Add familiar road signs along the way, e.g. Stop.

Let the learner drive their milk box car along the track.



Bonus learning

Here the learner moves left to right and sees lines like straights, zigzags, and curves in the same way that we form lines and letters.

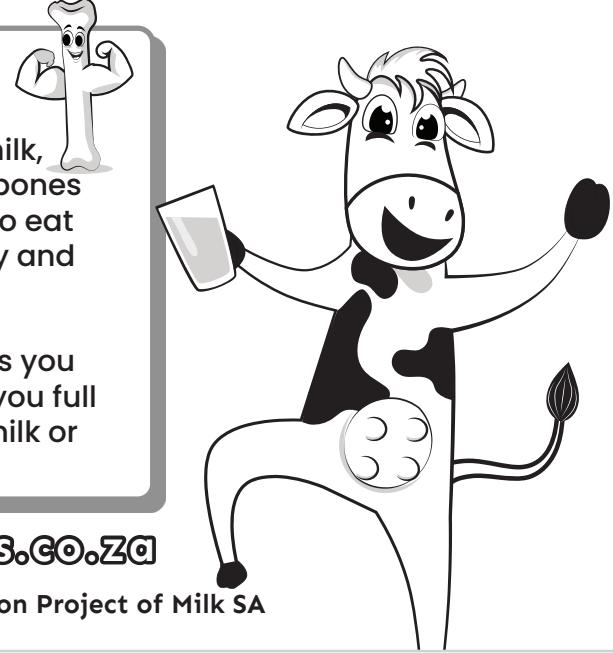


Health message

Dairy gives you more go than you know!

Do you want to stay strong and full of energy? Drink milk, enjoy amasi, or have some yoghurt — they help your bones and muscles grow and give you energy! Don't forget to eat fruit and vegetables too — they keep your body happy and healthy.

Even one cup of dairy like milk, amasi or yoghurt, gives you longer lasting energy than sugary snacks and keeps you full for longer. So next time you're hungry — fuel up with milk or other dairy products for energy that lasts all day!



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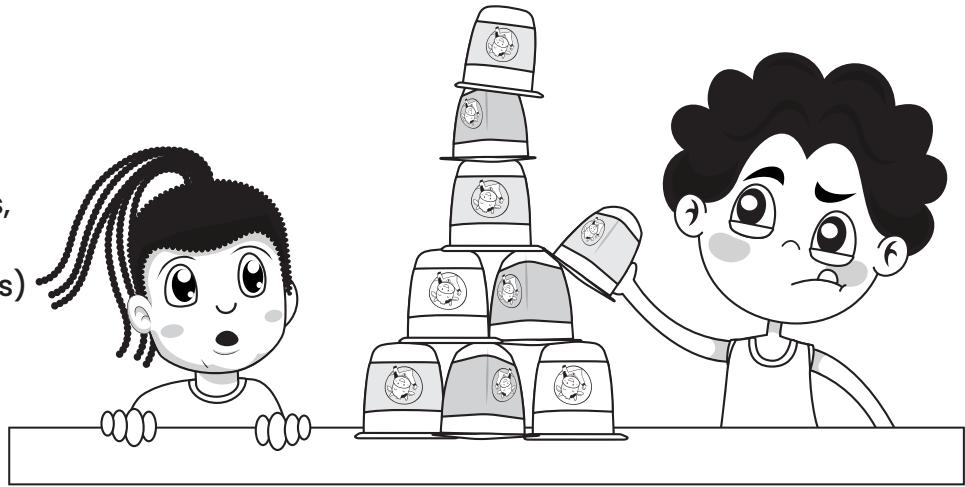
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Grade 1 - Yoghurt cup towers

What you will need:

- Many clean and empty yoghurt cups
- Optional: paper, tape, stickers, markers for decorating
- Timer (for stacking challenges)
- Flat surface to build on (table or floor)

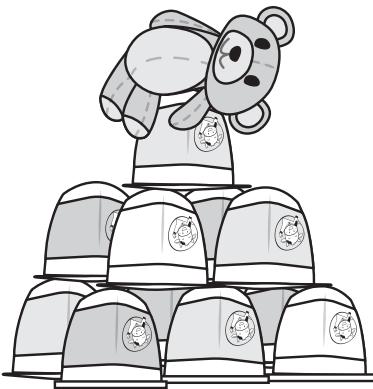


Instructions:

1. Free play tower:

Let the learners stack and build freely using the yoghurt cups. Can also be a group activity.

Encourage creativity:
"Can you make a castle?
A rocket? A pyramid?"



2. Challenge mode:

- **Time challenge:** How tall can you build in 60 seconds?
- **Strongest tower:** Can it hold a toy or book on top?
- **Tallest tower:** Build the tallest without it falling!
- **Decorate and build:** Design your own tower with markers, stickers, or paper flags.
- **Team mode:** Take turns adding one cup at a time without it tipping over!

Learning benefits

- **STEM skills:** Balancing, symmetry, gravity.
- **Fine motor skills:** Precise stacking.
- **Teamwork and patience.**
- **Imagination:** They can turn it into buildings, robots, and cities.

Health message

Calcium from dairy builds strong bones!

The skeleton is the framework onto which all your muscles are attached. It is almost like the foundation of a house: it needs to be strong!

Build strong bones by drinking milk or other dairy products and doing exercises daily.



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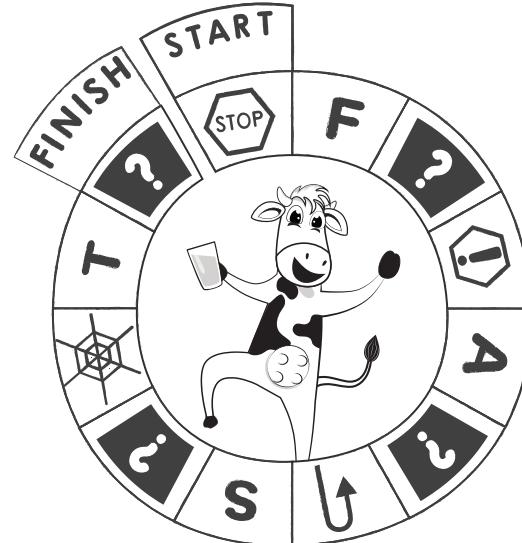
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Grade 1 - Chalk adventure map

Instructions:

- Draw a large loop with the chalk:** This is the “path” of your chalk game.
- Section off the inside of the loop:** These will be the “steps” inside the game for the learners to hop along and win the game.
- Add colour or pictures to some blocks:** It’s easier for kid’s eyes to see which section they need to jump to when you add different colours.
- Add in extra directions:** The loop will have 12 blocks in total. The following can be included as examples.



What you will need:

- **Chalk** to draw on the pavement.
- **Dice** (*Tip: make the giant dice out of an old milk or amasi box see: Milk carton box dice*)



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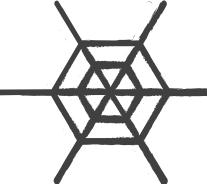


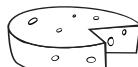


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Example of the game guide:

Questions blocks	Pitfall blocks	Action blocks
<p>Question marks are drawn on the ground to show these question blocks.</p> 	<p>Easy symbols are drawn on the ground to show these pitfalls.</p> 	<p>Easy letters are drawn on the ground to show these actions block.</p> 
<ol style="list-style-type: none"> 1. What do cows eat to make milk? 2. Do we get milk from any other animals? 3. Which vegetables grow underground? 4. Can you name a fruit that grows on a vine? 	<ol style="list-style-type: none"> 1. Sticky swamp Penalty: "You got stuck in the swamp!" Miss a turn. 2. Frozen cave Penalty: "Brrr! You're frozen!" Slide back three spaces. 3. Twisty tunnel Penalty: "You took a wrong turn!" Go back to the start! 4. Spider web trap Penalty: "Caught in a sticky web! Roll a six to escape or wait two turns!" Stay stuck until you roll a six or miss two turns. 	<ol style="list-style-type: none"> 1. Frog hop penalty "F" Hop like a frog five times before rejoining the game. 2. Animal sound penalty "A" Task: Make three animal sounds (your choice or chosen by other players). 3. Freeze like a statue "S" Task: Freeze in place for ten seconds like a funny statue. 4. Twisty twist "T" Task: spin in place five times.



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