



World School Milk Day 2025!

Dairy Gives You Go!
For strong bones and moves!

Milk bottle bowling

What you will need:

- Ten empty milk cartons (1-liter size work best)
- Paint, markers, or stickers for decoration
- A small ball (rubber ball, tennis ball, or soft foam ball)
- A flat playing surface (indoors or outdoors)



Step 1: Prepare and decorate the cartons

1. **Clean and dry** each milk carton thoroughly.
2. Let the kids **decorate** each carton – turn them into funny characters, monsters, animals, or just use bright patterns! (Use markers, paint, googly eyes, paper, or stickers.)
3. **Optional:** Fill the bottom with a bit of sand or rice to add weight.

Step 3: Play the game

1. Each player takes turns rolling the ball toward the “pins.”
2. Each turn = Two rolls, just like regular bowling.
3. Count how many pins are knocked down per turn.
4. Keep score, or just play for fun!

Step 2: Set up the bowling lane

1. Arrange the milk cartons in a triangle (like bowling pins):
 - **One** bottle in the front row
 - **Two** bottles in the second row
 - **Three** bottles in the third row
 - **Four** bottles in the last row



2. Mark a starting line using chalk

Optional variations:

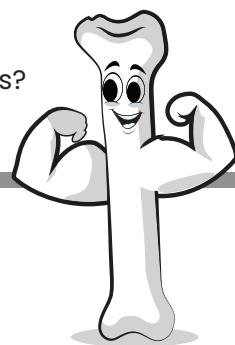
Math challenge: Add numbers to the cartons and have kids total their score after each round.

Health message

Dairy contains an important nutrient that keeps your bones strong.

Question: Do you know what it is?

Answer: Calcium.



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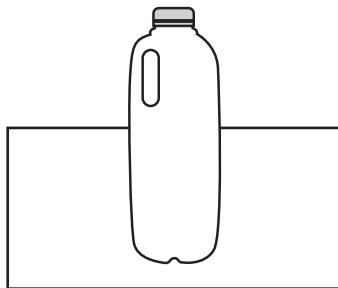


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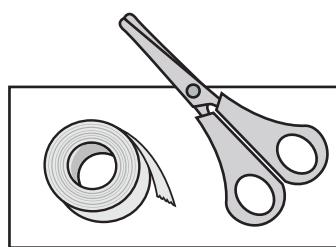
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Grade 3 - Milk bottle catch game

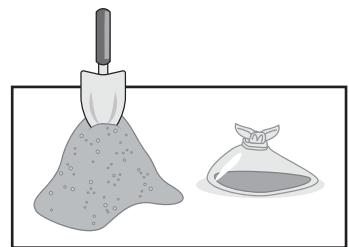
What you will need:



Empty plastic milk bottles (1L size is best) per person.

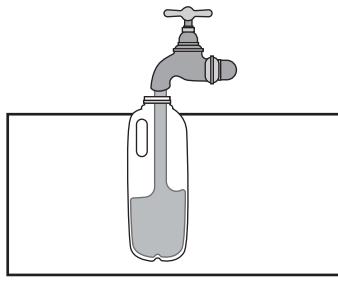


Scissors (adult help needed).
Optional tape: to cover rough edges

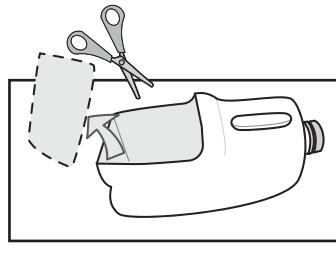


Lightweight ball (Tip: make a small bean/sandbag made out of a small recycled plastic bag)

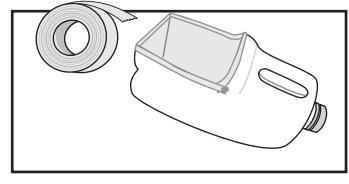
How to make the rackets:



Clean and dry the bottles.



Cut out the front half of the bottle, starting just above the base and curving around to the neck. The handle becomes your grip.



Tape any sharp edges, or sand them to make them smooth and decorate if desired.

Health message

Dairy gives your body the tools to train, recover and grow stronger.

Enjoy eating dairy (like milk, amasi and yoghurt) after a sport match. The nutrients in dairy helps your body recover after a game, repairs muscles and rehydrate you when you are thirsty and gives you energy for the rest of the day!

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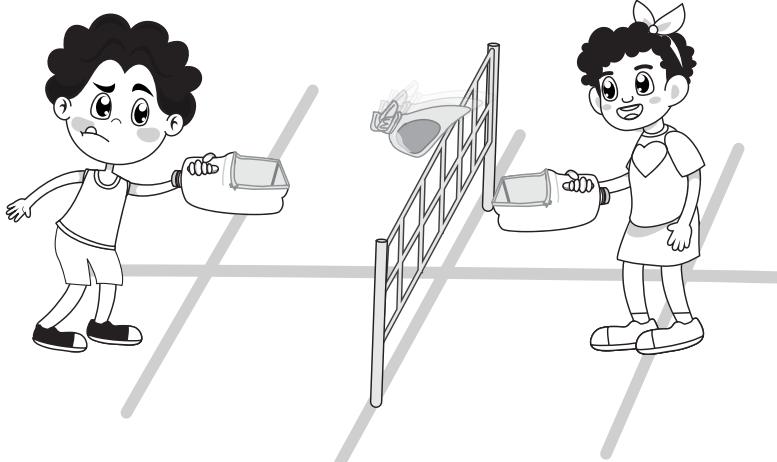
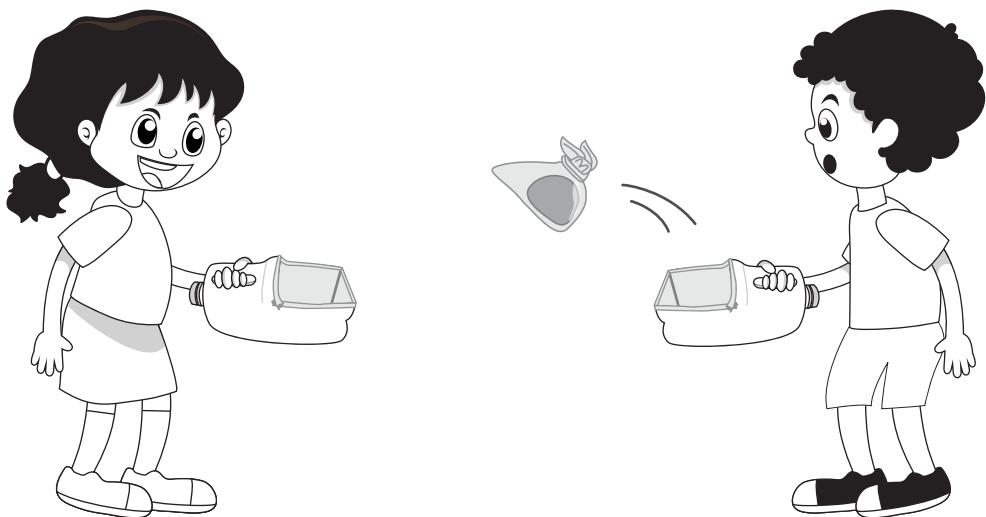
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Game ideas:

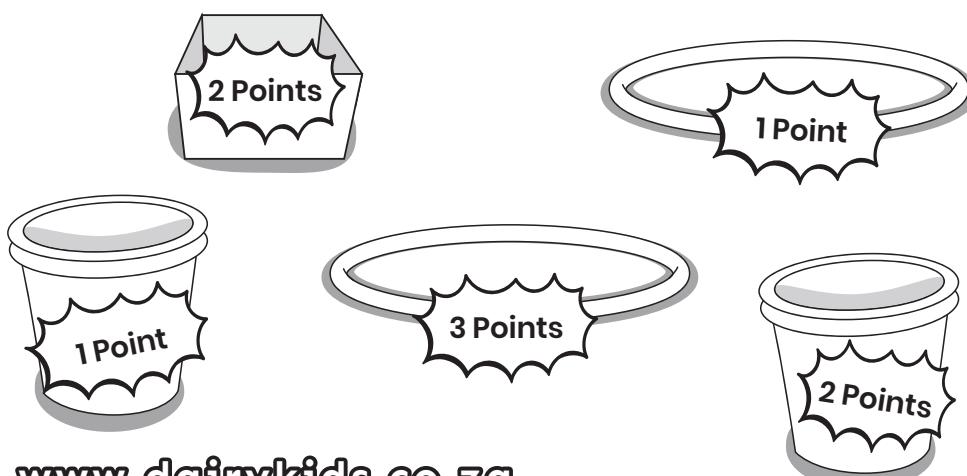
Racket catch

- Two players toss the ball back and forth using the milk bottle rackets.
- Try to keep it going without dropping!



Target toss

- Place down buckets, hula hoops, or boxes.
- Try to toss the ball into the targets from a distance using the racket.



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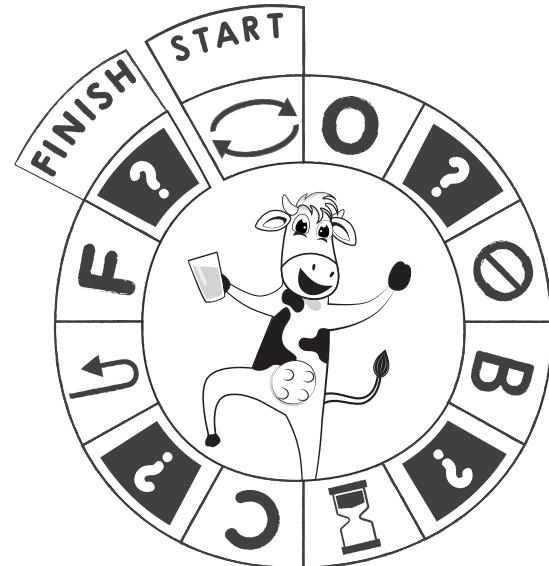
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Grade 3 - Chalk adventure map

Instructions:

1. **Draw a large loop with the chalk:** This is the "path" of your chalk game.
2. **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.
3. **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.
4. **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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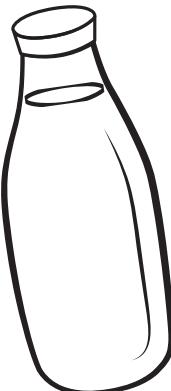
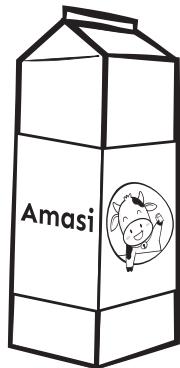
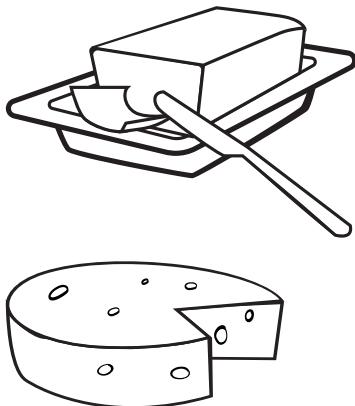


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Example of the game guide:

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. Which vitamin do we get from oranges and other citrus fruits? 2. What do carbohydrates give our bodies? (Energy) 3. What do proteins help your body do? (Build muscle) 4. What helps our bones and teeth stay strong? (Calcium from dairy!) 	<ol style="list-style-type: none"> 1. Back to start! Go back to the START! 2. Lose a turn Miss your next turn! 3. “U turn” U-arrow Go back three blocks 4. Trade places Trade places with the player behind you. Or go back three spaces. 	<ol style="list-style-type: none"> 1. One-leg hop challenge “O” Jump on one leg five times. 2. Balance challenge “B” Balance with your eyes closed for ten sec. 3. Crawl challenge “C” Crawl like a crab for ten steps. 4. Frog leaps “F” Jump like a frog



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