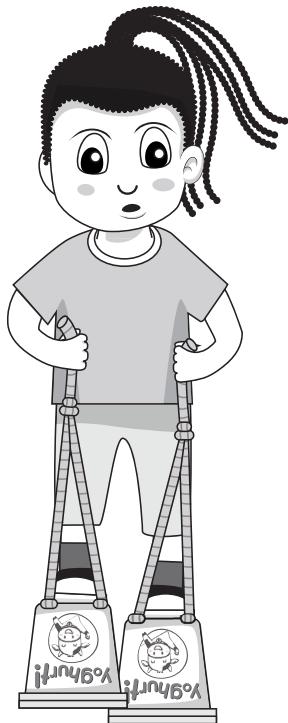




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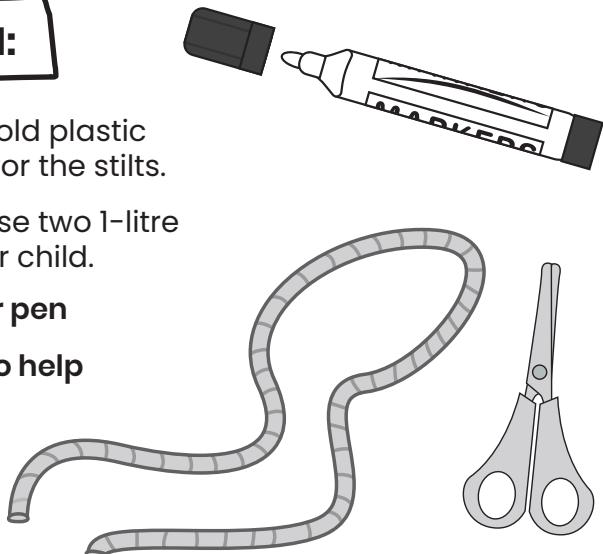
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For strong bones and moves!



Grade R - Yoghurt tub stilts

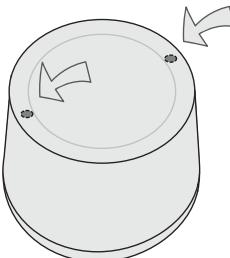
What you will need:

- **Rope:** You can weave old plastic bags to make strings for the stilts.
- **Yoghurt containers:** Use two 1-litre yoghurt containers per child.
- **Scissors and a marker pen**
- **Teacher or grownup to help**

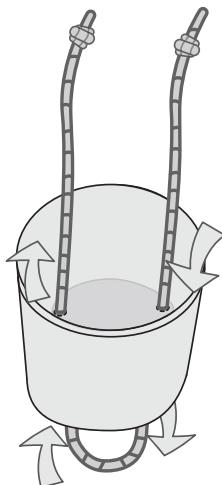


Instructions:

1. Have a grownup help you make holes in your yoghurt containers. Make a **mark near the base** of the yoghurt container on opposite sides with your scissors that is big enough for the rope to fit through.



2. **Thread your ropes:** Thread your rope through one hole from inside the container/s so that the **knot is on the inside**. Thread it through the second hole from outside and then tie another knot inside.



3. Children climb on the stilts and enjoy a balancing walk.

Health message

After you play or do exercise your body gets **tired**, because it uses a lot of energy, and needs **food to refuel** and feel **strong again**. A healthy balanced meal has different kinds of food to help your body:

- **Bread or rice gives you energy to play.**
- **Cheese, meat, eggs or beans help your muscles grow.**
- **Milk, amasi or yoghurt make your bones strong.**

So, after some moves or exercise, eat something like a sandwich with cheese and drink some milk or yoghurt. It helps your body to refuel and grow big and strong!

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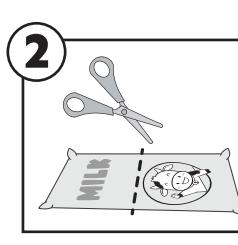
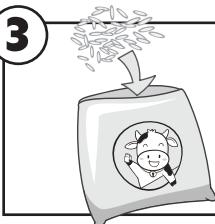
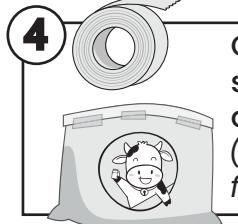
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Grade R - Milk bag toss

What you will need:

- Milk bag
- Scissors
- Rice or beans or sand
- Sticky tape or needle and thread (*Tip: try using thin plastic strips*)
- Teacher or grownup to help

Instructions:

- 1  Clean and dry the milk bags.
- 2  Cut the bag in the middle forming two square shapes.
- 3  Pour the rice or beans or sand in the square.
- 4  Close the open side with tape or by sewing (ask a grown up for help).



For extra durability, consider covering the bag with another bag, for extra strength.

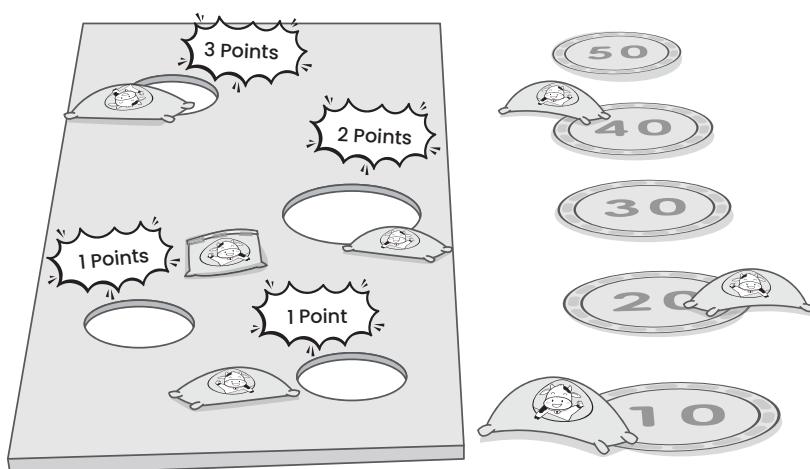
Use can use these rice/bean/sandbags in fun games. Try throwing it at the right target.

Health message

Fill up with the right stuff after playing or exercising! Milk, amasi, and yoghurt are super good to refuel and grow your body. They give you:

- Protein – to help your muscles grow.
- Calcium – to make your bones strong.
- Energy – to keep you going!

So, after playtime, drink some milk or eat yoghurt or amasi to help your body stay strong and healthy.



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Grade R - 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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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> 
<p>E.g: Topic dairy: shown by four blocks with a question mark.</p> <p>See questions below:</p> <ol style="list-style-type: none"> 1. What animal gives us milk? 2. What do we call a baby cow? 3. What can we make from milk? 4. What do we need to make butter? 	<p>Shown by four blocks with a sign on it.</p> <p><i>Educator to instruct the learners what each sign represents .</i></p> <ol style="list-style-type: none"> 1. “Spilled the milk!” Uh-oh! You spilled a whole bucket of milk. Go back 2 spaces.  2. “Cow got loose!” You left the gate open and now you're chasing a runaway cow! Miss a turn.  3. “Butter too soft!” Your butter melted in the sun. Time to churn again. Go back to the start of the board.  4. “Chicken stampede!” The chickens got out of the coop and are everywhere! Sit out 1 turn.  	<p>Shown by four blocks with a “Letter” on it.</p> <p><i>Educator to instruct the learners what each sign represents</i></p> <ol style="list-style-type: none"> 1. “Piggy wiggle!” “P” Everyone joins in the wiggling! Wiggle for 5 seconds. 2. “One-leg chicken hop!” “O” Hop in place, on one leg. 3. “Cow balance!” “C” (Stand still like a cow statue with your eyes closed for 5 seconds.) If you wobble, try again! 4. “Gallop like a horse!” “H” Gallop on the spot like a fast horse, raise your knees high as you run on the spot.

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