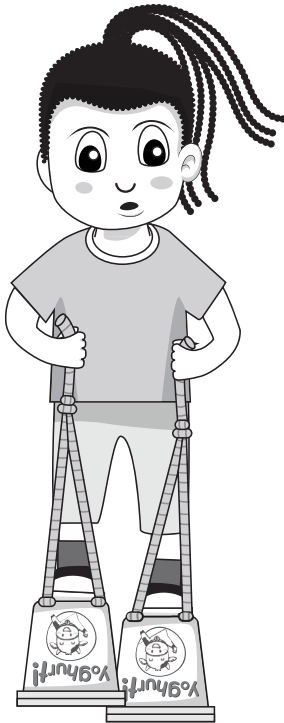




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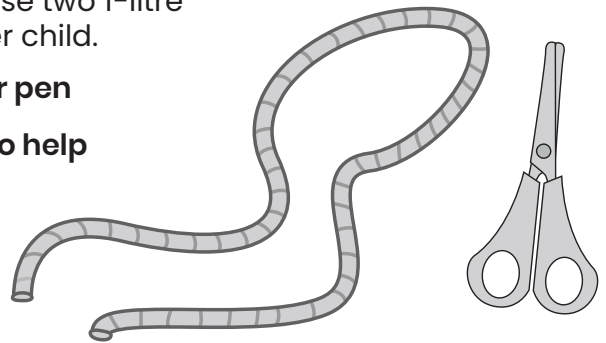
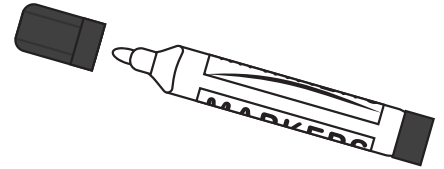
**Dairy Gives You Go!**  
For strong bones and moves!



## Grade R - Yoghurt tub stilts

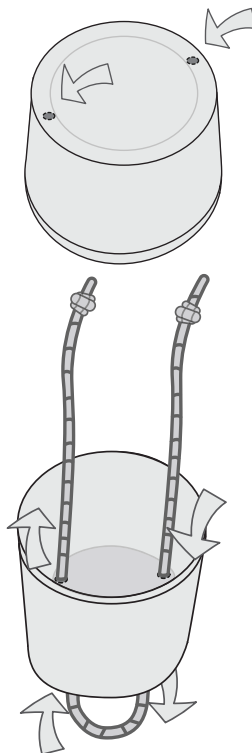
### What you will need:

- **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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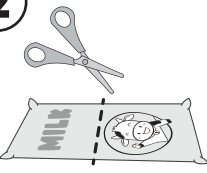
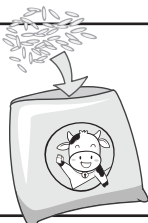
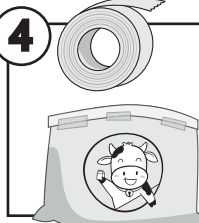
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For strong bones and moves!

## 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:

-  Clean and dry the milk bags.
-  Cut the bag in the middle forming two square shapes.
-  Pour the rice or beans or sand in the square.
-  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.



### Health message

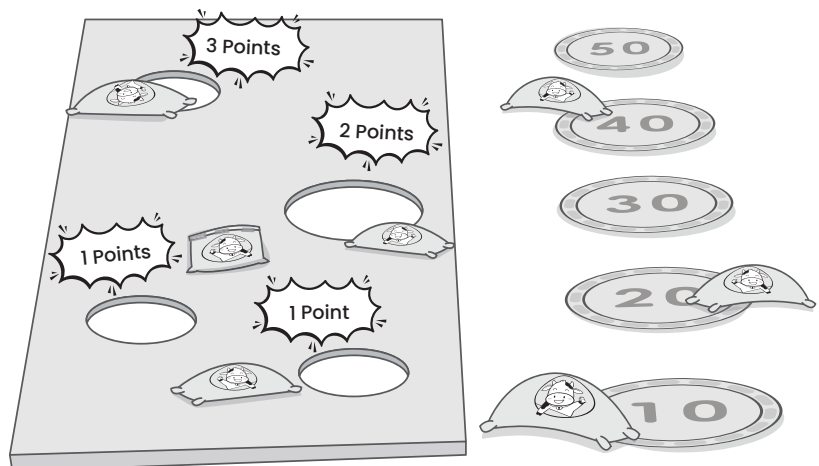
Fill up with the right stuff after playing or exercising! Milk, amasi, and yoghurt are super good to refuel and grow your body. They give you:

- **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.



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



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

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