



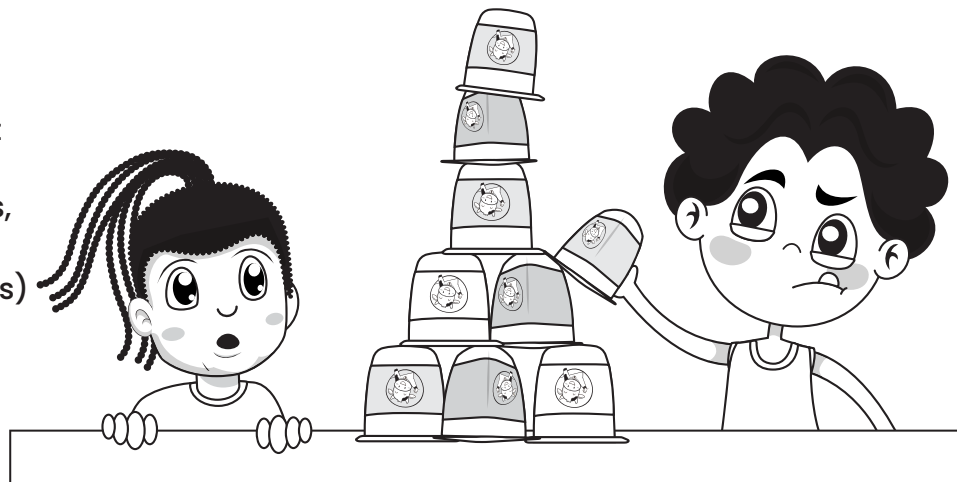
World School Milk Day 2025!

Dairy Gives You Go!
For strong bones and moves!

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)

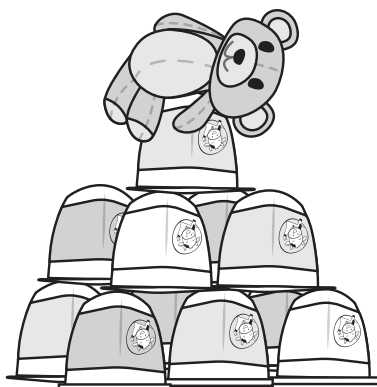


Instructions:

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.



www.dairykids.co.za

Initiative by the Consumer Education Project of Milk SA



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

