



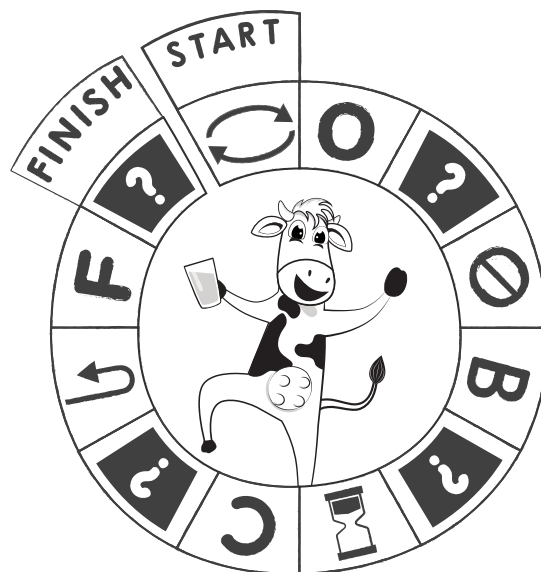
# World School Milk Day 2025!

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

## 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)



[www.dairykids.co.za](http://www.dairykids.co.za)

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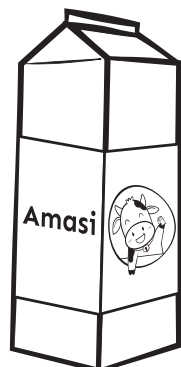
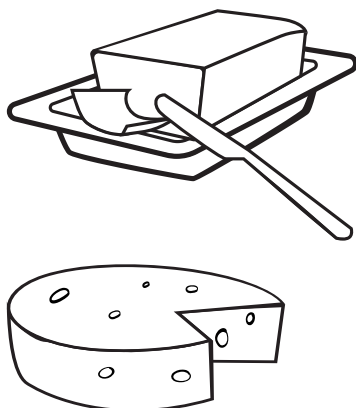


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**Example of the game guide:**

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



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