



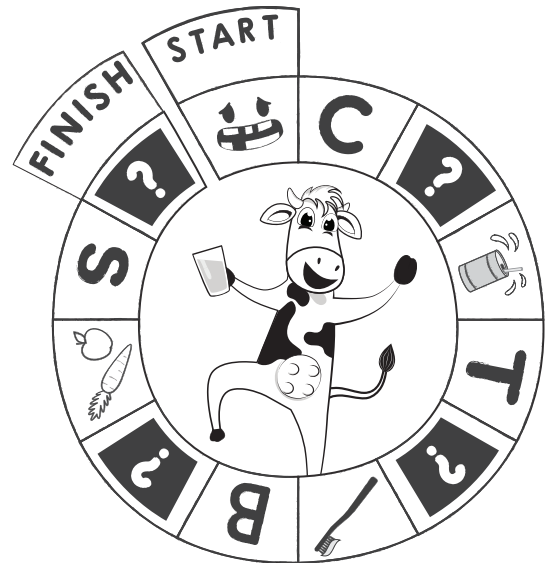
World School Milk Day 2025!

Dairy Gives You Go!
For strong bones and moves!

Grade 4 - 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

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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. What must we do every day to ensure good dental hygiene? 2. Which foods do you think are good for your teeth? 3. What foods do you think might hurt your teeth if you eat too much of them? 4. What do we find in milk and dairy products that make our teeth strong? 	<ol style="list-style-type: none"> 1. Sugar shock! "You ate too many sticky candies without brushing your teeth!" Miss one turn 2. Soda splash! "You drank soda instead of water all week. Your teeth are under acid attack!" Go back to the start 3. Late-night snack trap! "You ate sweets before bed and forgot to brush!" Lose a turn 4. No fruits, no veggies! "You skipped your fruits and veggies — your teeth didn't get their natural scrub." Move back two spaces  	<ol style="list-style-type: none"> 1. "Cavity dodge!" "C" Jump forward on one leg five times without falling. 2. "Toothbrush balance!" "T" Stand on one foot and balance with your eyes closed for ten seconds. 3. "Brush rush!" "B" Pretend to brush your teeth for twenty seconds (use big circular motions and sound effects!). 4. "Smile!" "S" Say "Cheese" out loud!



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