

BUILD A HEALTHY

breakfast

WHOLE GRAIN




PROTEIN




FRUIT OR VEGGIE


DRINK



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FRUIT OR VEGGIE

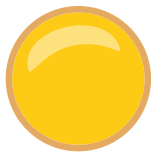


DRINK

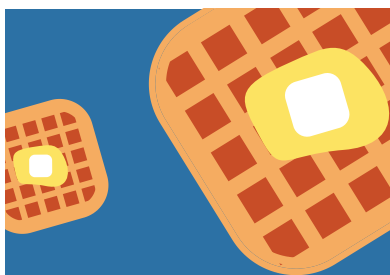




Which food could  
you eat every day  
for 2 months?



What will you  
be doing 10  
years from now?



What is your  
favorite movie?



What is 1 thing  
you don't love  
doing?



What is 1 thing you  
love doing every  
single day?



What is the nicest  
thing someone has  
done for you?



What is the most  
awesome thing  
you have ever  
seen?



If you could have  
any "superhero"  
power, what  
would you have?



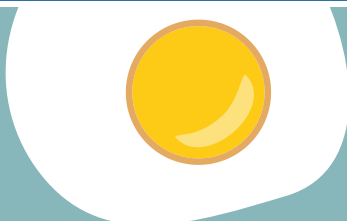
If you could change  
your name, what  
would it be?



What is your  
favorite chore?



What is your  
least favorite  
chore?



What is your  
favorite thing  
about yourself?



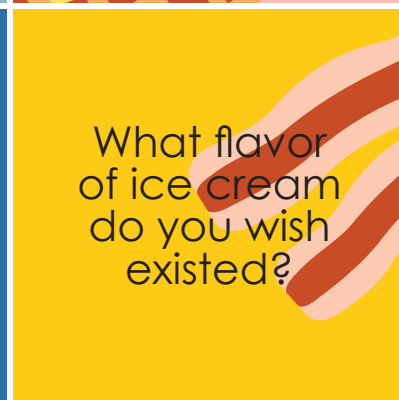
What is your  
best family  
memory?

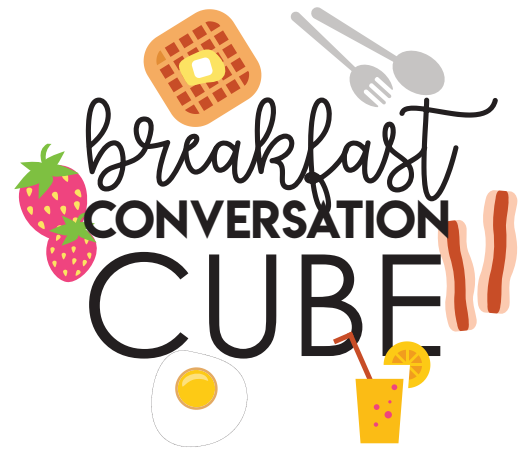


What do you wish  
we did more of  
as a family?



What flavor  
of ice cream  
do you wish  
existed?





**SAY  
SOMETHING  
NICE ABOUT  
A PERSON AT  
THE TABLE.**

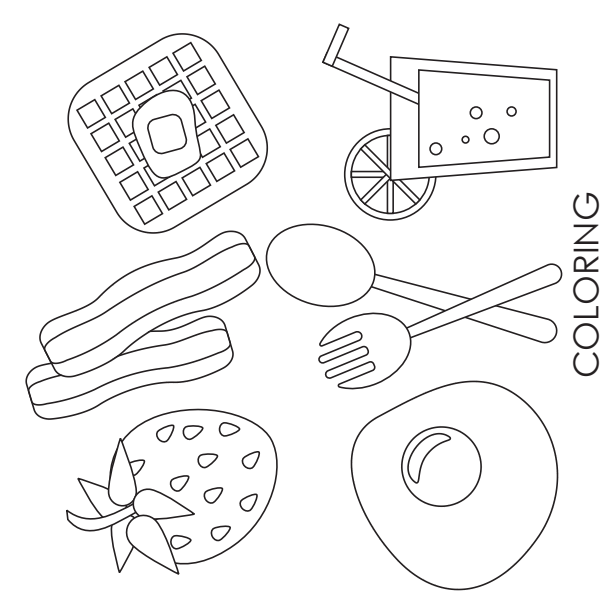
**WHAT WAS  
YOUR FAVORITE  
GIFT YOU HAVE  
EVER RECEIVED?**

**NAME  
SOMETHING YOU  
ARE THANKFUL  
FOR AND WHY.**

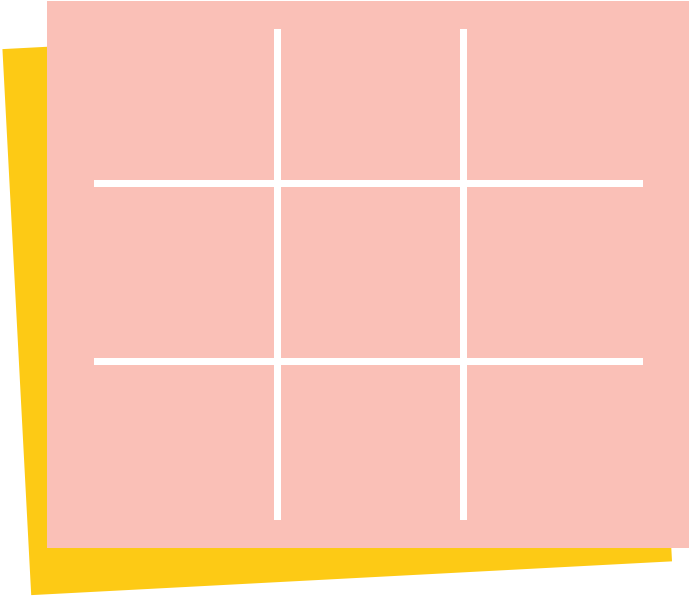
**TELL ONE  
GOOD THING  
THAT HAPPENED  
TODAY.**

**WHAT IS  
YOUR FAVORITE  
THING TO DO  
EACH DAY?**

**WHAT IS  
YOUR FAVORITE  
FAMILY MEMORY?**



ACTIVITY PLACEMAT



TIC-TAC-TOE

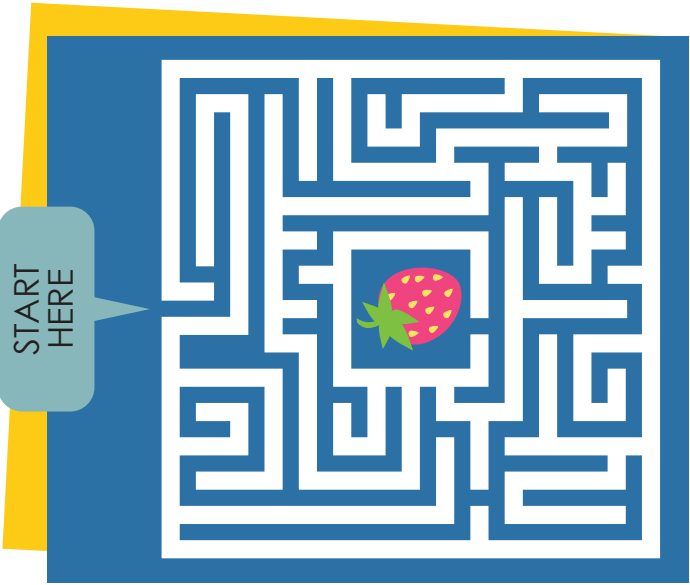
H	G	S	E	T	N	U	J	U	G	L
E	W	E	C	I	U	A	S	P	N	O
E	G	A	S	U	R	F	J	U	K	C
K	D	N	F	A	R	F	L	M	G	S
A	S	R	A	R	B	O	E	D	J	P
C	S	C	A	B	O	E	G	G	L	S
N	O	C	A	F	C	R	B	J	X	K
A	C	U	E	X	F	B	A	C	J	L
P	G	E	W	X	F	B	J	A	Q	X
S	O	K	A	E	Q	V	W	R	B	S

BACON JUICE PANCAKE

BAGEL MILK SAUSAGE

FRUIT ORANGE WAFFLE

FIND THE WORDS



MAZE

