



ACTIVITIES
AND IDEAS BOOK



Activities and Ideas

Mystery Mooer

Using a different group of students or staff (i.e. teachers, student council, parent council, patrols, choir, band, etc.) have one person from the daily designated group "MOO" over the P.A. at morning announcements. Students try to guess who the "MYSTERYMOOER" was! Pick a different group each day.



Find the Missing Moo

Clues are given every morning during the announcements that guide the participants to the missing cow hidden somewhere within your school. The winner is the person who successfully solves the clues and finds the missing cow.

Cowboy, Cowgirl & Farmer Friday

Everyone in the school can come dressed as a cow, a farmer, or anything related to a dairy farm. The best dressed students could win prizes and take part in a fashion show or parade around the school.



Noon hour barn dance

Hold a dance in the gym at lunch hour. Allow students who bring in an empty dairy product container (milk carton, yogurt container, cheese string package, etc.) an opportunity to enter a draw for prizes. Select some fun, well known, country or western themed songs and award the best dancers who "Moo-ve" in special ways on the dance floor with prizes.



Activities and Ideas



Dress in all black or white day

(i.e. "black & white out Wednesday)

Everyone in the school is asked to dress in all black or all white for the day. Your school halls will become a herd of black and white spots. Take a picture for your yearbook!



Milk carton bowling

Take empty 1 or 2 litre milk cartons and fill bottom with a little sand or material to weigh them down. Set up a bowling alley or alleys and hold a tournament to determine the best team of bovine bowlers.



Unsung moo-lodies

Individual students or classrooms compete against each other to create the best song, jingle or rap related to milk. Invite a panel of "celebrity" judges to determine the best entry. The winners could perform their moolody over the P.A.

(Kirkcaldy Heights)



Milk & cookie sale

This suggestion is a fund-raiser that could be used by any group within the school, (i.e. student council, band, etc.). The group could bake cookies themselves or purchase them and resell the cookies with milk for a small profit, or proceeds could be donated to a local charity.

(Riverview School)

Four legged cow race

Three students per team. Team members stand side by side and tie touching legs together, so you have four legs. Then you have a race course that all teams must go through. Best time wins. The race could also be between individuals who go through a set course on all fours. You could give a prize to the winning team and to the best dressed team. You could also try this one outdoors.





Activities and Ideas

Milk mo0-stache celebrities

Have students wear a fake moustache - stick on, paint on, etc. Give prizes to the most creative moustache. In addition to having the school dress up, have students create milk ads using pictures they take of staff, students, or other local community representative wearing **milk** moustaches. Ask each "celebrity" what their favourite kind of milk is, what they like to eat with a glass of milk, etc. Post the "ads" and give students questions to answer based on each individual celebrity. Draw students' "ballots" - award prizes for the correct answers.



Tongue twisters

Individual students or classrooms work to create the most interesting tongue twister related to milk, cows or milk and nutrition, etc. (i.e. *curious cows counting calories* or *clever curious cows clanging cowbells*) then see who can repeat the tongue twister the most times in 60 seconds without any errors!

(Waskada School)



Moo-velous murals, classroom doors or posters

Each class creates a milk/cow themed mural, door, or poster to display in the hallway outside their classroom. Prizes can be awarded for the best classroom, mural, door, or poster.



Cow-moo-dy festival

Students are invited to submit jokes by placing them into a box. The joke drawn is read by the student during morning announcements and a prize is awarded to the author.

e.g. Q: What plants do cows like to eat?

A: Bo-Vines!

(Rapid City Elementary)

Activities and Ideas



Cow curling

Decorate 4 L milk jugs, fill with water and freeze. Make a barn out of a large cardboard box. The goal is to try and get as many of your "cows" (4 L milk jugs) home (into the box).



Milk book mark contest

Have students design their own book mark using a milk or cow theme. Students with the most creative book marks win prizes (award one prize per classroom).

Milk carton creations

Hold a competition for the most creative design/structure made out of milk cartons (all sizes) and other materials as needed (e.g. a cow, a lighthouse, a boat, a giant letter M or a huge milk carton). The possibilities are endless!

(Whitemouth School)



Professor cow contest

Each class is in competition against all the other classes to dress their teacher as the best cow. Once the teachers are dressed, they are paraded past the judges and student body to determine the best dressed cow!

Milk scavenger hunt

Hide cards (with a milk carton design and a scrambled word on it) throughout the school.

Students must find all the cards and unscramble the words, which spell out an important milk message. Students with the correct responses can be entered into a prize draw.





Activities and Ideas

How big is the herd?

Have students count how many cows (pictures) are hidden within the school. Then hold a milk draw amongst all students with the right answer.



Scoop ball contest

Have students clean any size milk carton and open up to form a scoop. In the gym, participants form two lines facing each other and use their empty milk carton to toss a small ball or a bean bag back and forth to their partner. Have each team take a step back after each toss. Teams dropping their ball are eliminated. Continue until only one team is left.

Cow-twister

Create a Twister-style mat in the shape of a cow and make each "spot" a colour from the Twister dial (green, yellow, blue, red). Hold a Twister challenge with 4 people at a time. Spin the dial (make one or use one from a Twister game) then move hands and feet from one spot colour to another without falling. The winner who remains on the mat without falling moves onto the next round. Winner of each game wins a prize.



Pin-the-bell on the cow

Students compete to see who comes closest to pinning the bell on the cow's neck. A prize is awarded to the student who is the closest.



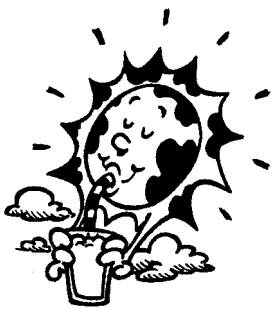
Activities and Ideas



Survivor milky way!

In this version of "Survivor" have students out moo-ve one another so they can stay on the Milky Way Island! Choose any number of the challenges listed below or create your own!

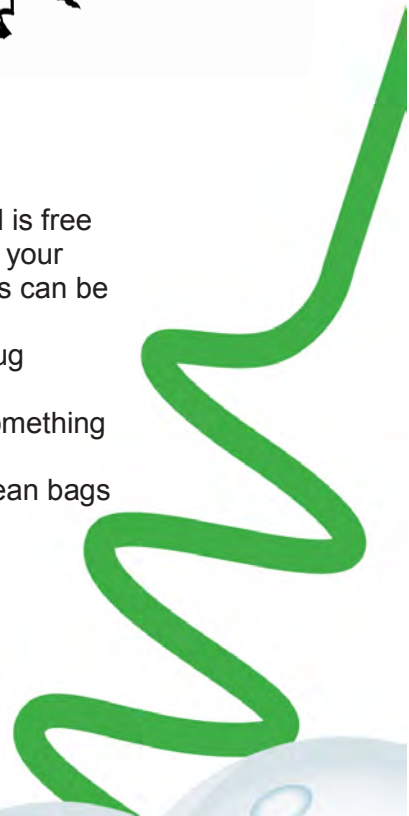
- Balance an empty carton on a spatula and run
- Using various sizes of empty milk cartons have teams stack milk cartons on to one person (in their arms, between their legs, balance on head or shoulders, etc.) and see how many they can hold on to. Team with the most cartons at the end of 1 minute wins. Cartons that hit the ground don't count!
- Slide your feet into two empty 2 L milk cartons opened at one end and run
- Create obstacles out of empty 2 L milk cartons that students must go over or around without knocking down
- Toss empty milk cartons into a basketball hoop
- Shoot to score using hockey nets with milk cartons suspended as targets
- Holding an empty 2 L milk carton between your knees, hop to the finish line without dropping the milk carton



Milk carnival

Set up a mini carnival for the day. Admission to the carnival is free to everyone dressed in black and white. Different groups in your school would be responsible to set up a booth, where prizes can be won. Ideas include:

- Guess the number of marbles or candies in a 4 L milk jug
- Milk trivia wheel
- Make an udderly moo-velous hat (hats should depict something about cows, dairy farming, or milk)
- Milk carton blackout (fill bottom with a little sand, use bean bags to knock them over)
- Toss ball or bean bag into empty milk cartons





Activities and Ideas



Moo-sical milk cartons

Similar to musical chairs. Instead of chairs use empty milk cartons (always have one less than the number of students). Space milk cartons out in two parallel lines. Have students walk around the 2 lines of milk cartons to music. When the music stops, each student turns around and grabs a milk carton. The student without a carton sits out. Award prizes to the last 3 students.

Best milk drinking class

The class which drinks the most milk on a selected day wins prizes. You can also run this activity for the week and have each class display a graph showing how much milk is consumed at lunch as the week progresses.



The milk run

Obtain 3 big boxes and line them up in the gym. Fill the middle box with all kinds of milk containers and leave the other 2 boxes on each side empty. Line up 2 teams on each side of the middle box and have the leaders pick up milk containers from that box and pass them down the line (not throwing) to the end box. Students can also pass the containers down the line using an "over the head and under the legs" pass. Team with the most containers in their end box, after a certain amount of time (i.e. 45 seconds), wins.

Treasure island

Have a theme day and encourage students and staff to dress up as pirates. Hide empty milk cartons (treasure) with a number on the bottom around your school. The number on the bottom of the milk carton corresponds with prizes in the main office. At noon hour students are given a set amount of time to find the hidden treasure milk cartons.



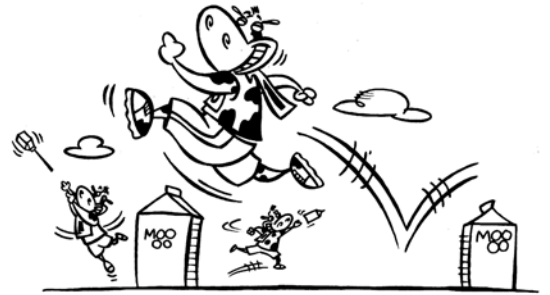
Activities and Ideas



Get moo-ving relay

Form teams of 4 and have each team member take part in one section of the race, which can include:

- Walk backwards while holding an empty milk carton between your knees
- Make your way through an obstacle course while holding an empty milk carton between your knees
- Throw a small ball into the bottom of a cut-out 4 L jug (allow for one bounce)
- Remove one shoe and balance it on top of a 4 L jug while walking through an obstacle course
- made of empty 4 L jugs
- Walk with feet in two empty 2 L milk cartons (cartons opened at one end) and make your way through an obstacle course while wearing the cartons on your feet
- "Athletes" stand behind a table set with 20 empty 4 L jugs. The object is to try to throw as many jugs as possible into a ball container 15 feet away, within 20 seconds. Each successful throw is worth 10 points.



teacher relay

Have the teachers compete in a relay involving riding a tricycle or running with an inflatable or stuffed cow.

The team with the best time wins!

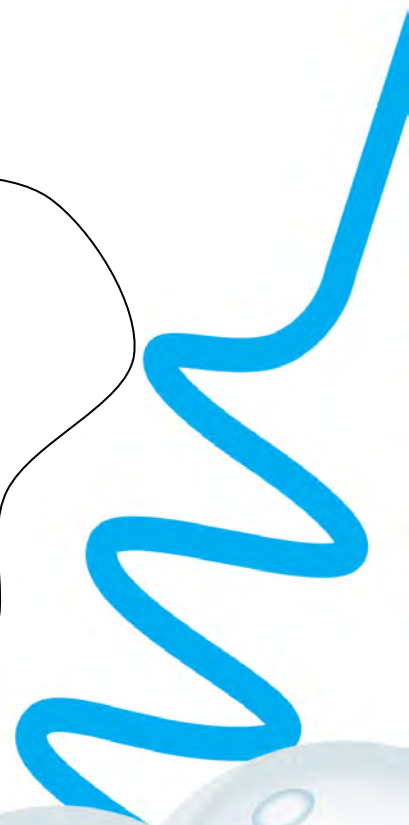
X

Lucky milk carton

Place an "X" on the bottom of a few milk cartons sold at the cafeteria / canteen. Students who purchase the specially marked cartons receive a prize.

Cow-moo-flage day

Everyone in the school is asked to dress in black & white for the day. Give prizes to students who wear cow spots or milk t-shirts. Your school halls will become a herd of black and white spots. Take a picture for your yearbook!





Activities and Ideas

Milk carton balloon auto-moo-biles

Have students collect 1 or 2 litre milk cartons (make sure they have been rinsed). Cut the tops off the cartons. Cut cartons in half lengthwise. Cut a small hole in the middle of one of the short sides of the carton. This is where the balloon goes (you may have to experiment with the size of the hole – if it is too big or too small there won't be enough force to move the car). Put the balloon through the hole, but do not blow it up yet. Make holes on each side of the carton for the axles and stick straws through the holes – make sure they're close to the bottom. Attach a spool to the ends of the straws and put pins through the straws on either side of the spool to keep the spools on. Finally, blow up the balloon – don't tie the end and let your car go. Have students decorate their balloon mobiles and see whose goes the farthest!



C.s.i. cow-scene investigation

Create a mystery (e.g. Who took the cow bell? Where have the cow's spots gone? Who left the barn door open? etc.) around an inflatable or stuffed cow (if you have one) or a big picture of a cow (take a drawing of a cow and trace it onto large paper using an overhead projector). Leave clues for students to find and have them ask questions to try and solve the case.
(Lockport School)

Cow facts race

In one minute, each team of students has to list all the things they know about milk products or dairy cows. The team with the greatest number of accurate answers win prizes.



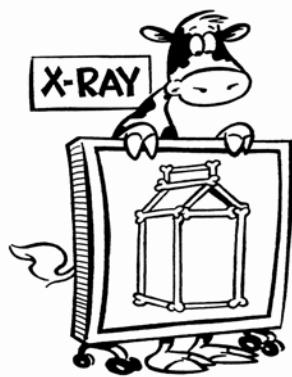
Activities and Ideas



Cow-adian idol

Chose 3 to 4 groups or ask for groups to volunteer (Meadows School used a group of teachers, student teachers and grade 8 students). Ask them each to perform a song about milk at the beginning of Milk Spirit Week and prompt them to do a terrible job. Have "judges" (i.e. Paula No-Bull, Simon Cow-Bell and Moasic Man Jackson) comment on their performances. At the end of Milk Spirit Week, have the groups perform again after they've had a week to practice and take the judges comments into consideration. Have the assembly choose the best group based on applause.

(Meadows School)



Ice castle building

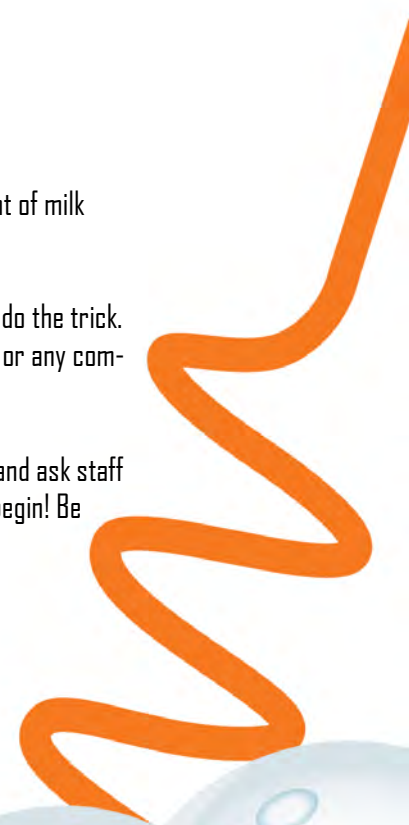
Have students collect 2 L milk cartons (make sure they are rinsed). Pour water into the 2 L cartons and freeze them (Manitoba winters provide the best freezer space!) to make blocks of ice. At noon hour everyone gets together and builds an ice castle or you can spell your school's name out in ice blocks. Put food colouring in the water, to build the castle in your school colours. After, you can sell or offer hot chocolate milk to warm everyone up!

Bone builders

Challenge students to create a milk carton "structure" using the number of cartons that represents the amount of milk needed to meet an adolescent's calcium requirements for **one year**.

So, if an adolescent requires 1300 mg of calcium per day, then 4 servings (250 mL each or 1 L/day) of milk will do the trick. So - in 1 year that means 365 L - you can use 365 - 1L cartons, 730 - 500 mL cartons, 1,460 - 250 mL cartons or any combination of various sizes - as long as the total volume of milk cartons used equals **365 L**.

You'll have to collect empty milk cartons before you can do this activity - put a recycling bin in your cafeteria and ask staff and students to bring cartons from home - you'll collect what you need in no time at all! Let the bone building begin! Be sure to send photos of all your creations!





Activities and Ideas

Moo-di gras

Hold a Moo-di Gras themed week! Hand out Mardi Gras beads for students "spotted" consuming dairy products or participating in spirit week events. Students can add up their beads at the end of the week and those with the most beads can collect prizes at a wrap up event.



Suggested spirit week events:

- **Block Party:** decorate the hallways with cow inspired pictures, murals, streamers, flags, masks, balloons etc.
- **Pancake Breakfast:** make pancakes using milk.
- **Moos-querade Masquerade:** have students design masks and wear them between classes for a day.
- **Carnival:** set up a mini carnival for the day. Different groups in your school would be responsible for setting up a booth, where prizes can be won. Ideas include:
 - Guess the number of marbles or candies in a 4 L milk jug milk trivia wheel
 - Make an udderly moo-velous hat (hats should depict something about cows, dairy farming, or milk)
 - Milk carton blackout (fill bottom with a little sand, use bean bags to knock them over)

Wild wild west

This theme offers many opportunities to play up the country & western card. Encourage students to wear cowboy hats, bandanas, and other fun western costume accessories. Hold a competition at lunch to see who can steer rope the most hay bales that have been dressed up with pictures of cows and/or set up horse shoe pits to hold horse shoe throwing competitions. Offer prizes to the winners.





Can't decide how to give away milk spirit week prizes? Try spirit bucks!!

For all your events throughout the week, give out spirit bucks for participation, event winners, organizers, etc. Students collect Spirit bucks all week, on the last day hold a Silent Auction for all the prizes. This way everyone has a chance to win and you're never short of prizes for an event. Or you could simply hand-out milk ballots for participation and have a daily draw.

Some additional ideas to make your Milk Spirit Week a real cool experience are:

- Sell only milk (chocolate and white) in your cafeteria or canteen that week
- Put your drink machine out to pasture for the week and only sell milk
- Offer free milk with a certain lunch special that is purchased that day

We are always interested in new activity ideas for Milk Spirit Week. Please share your ideas by emailing schoolmilk@milk.mb.ca or write them on your Milk Spirit Week evaluation form.

Thank you!

