

# FOOD DRIVE: JUMPING-JACK-ATHON

## OBJECTIVES:

- To develop a caring attitude towards the needs of the community.
- To appreciate the value of sharing with others.
- To understand the value of working as a team toward a common goal.

Note to the Leader: Use this lesson in conjunction with "Fitness Fun" in the subject area of Healthy Life Style. This lesson will involve more than one meeting.

## GROUP SIZE:

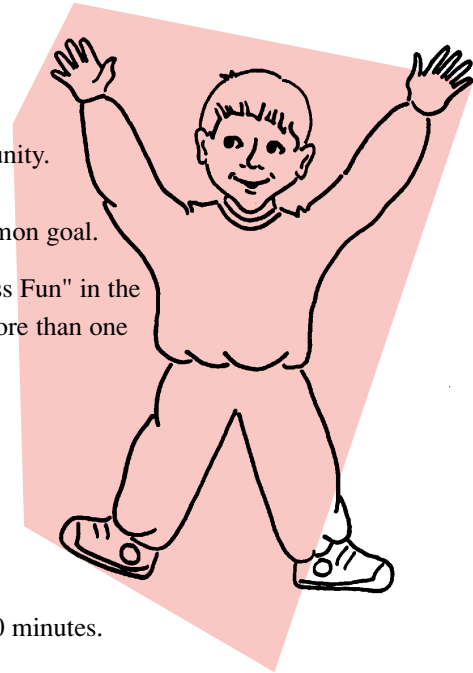
6 to 8 children per adult volunteer.

## TIME FRAME:

This lesson is designed for a group meeting between 30 and 60 minutes.

## BACKGROUND:

Help develop a sense of responsibility and an attitude of caring by sponsoring a Jumping-Jack-athon to collect canned goods for a local food pantry. Have the Cloverbuds ask parents, other family members, friends and neighbors for pledges of canned goods, or other non-perishable items, for completing a given amount of jumping jacks. Plan to have the Jumping-Jack-athon at a regular Cloverbud meeting. Invite parents to come and help count and complete the pledge forms.



## LIFE SKILL AREAS

Social skills will be developed by working together as a group planning and carrying out the Jumping-Jack-athon. Gross motor skills will be developed by doing the jumping jacks. Fine motor and eye-hand coordination will be developed by making thank you notes.

## Preparing Ahead of Time


Explain to the children that not all families in their community are as fortunate as they are. Some families don't always have good, healthy things to eat, and a few children may even go to bed hungry some nights. Introduce the idea of a Jumping-Jack-athon. Explain to the group that for every 25 (or 50 or 100) jumping jacks the children do within 15 minutes, people can pledge, or promise, to donate one can of food from their cupboard. Show the children the pledge sheet and explain how it works. Ask them to approach family, friends, and neighbors but discourage having them go door to door. Plan your "Jump-athon" for the next meeting inviting parents to help count and tally jumping jacks. Don't forget to remind the children to wear comfortable shoes!

FOOD DRIVE:  
JUMPING-JACK-ATHON

Healthy Life Style  
Group Size: 6-8 children  
per adult volunteer

**LEARNING ACTIVITIES:**

**I. GETTING STARTED**

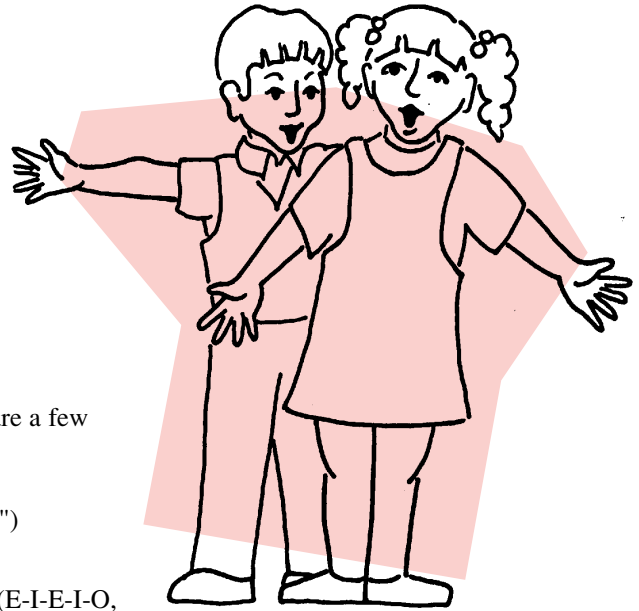
 **ACTIVITY:** "Warming Up With Songs"

**Grade Level:** K - 3

**Materials:** none.

Get started by singing some active songs. Here are a few suggestions:

- BINGO (for fun, substitute "Jumpy" for "Bingo")
- HEAD, SHOULDERS, KNEES AND TOES
- OLD MACDONALD HAD A TRAMPOLINE (E-I-E-I-O, and on that trampoline there jumped \_\_\_\_\_ ... ).



**II. DIGGING DEEPER**

 **ACTIVITY:** "On Your Mark, Get Set, Go: Doing Jumping Jacks"

**Grade Level:** K - 3

**Materials:** a tape or record player, music to jump by, an adult to lead the counting, fruit juice, and light snack.

Have the children spread out, making sure everyone has plenty of space to jump. Explain that everyone will jump and count together. Do 25 to 50 jumping jacks at a time, stopping to rest and to record the jumps on each child's pledge form. After 15 minutes, stop the Jump-athon and have the children cool down by running slowly in place for a minute or so. Praise them for their efforts! Give everyone juice and a light snack; caution them to eat and drink slowly.

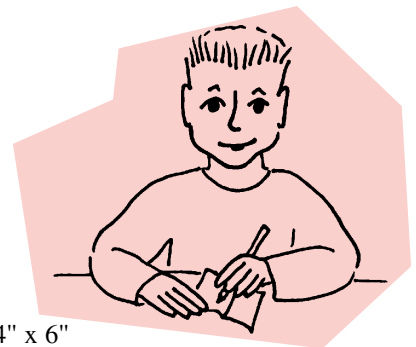
**III. LOOKING WITHIN**

**ACTIVITY:** "Making Thank You Notes for Donors"

**Grade Level:** K - 3

**Materials:** construction paper, markers, food stickers or stamps.

Explain the importance of thanking people for helping make the Jumping-Jack-athon a success. Help the children make simple thank you cards by writing the words "Thank You" and their signature on a 4" x 6" piece of construction paper. Encourage them to decorate the card with stickers and markers. Let them take them home and distribute them when they make their collections.



**Application:** Ask the children to think of times they have received thank yous from others.

#### IV. BRINGING CLOSURE



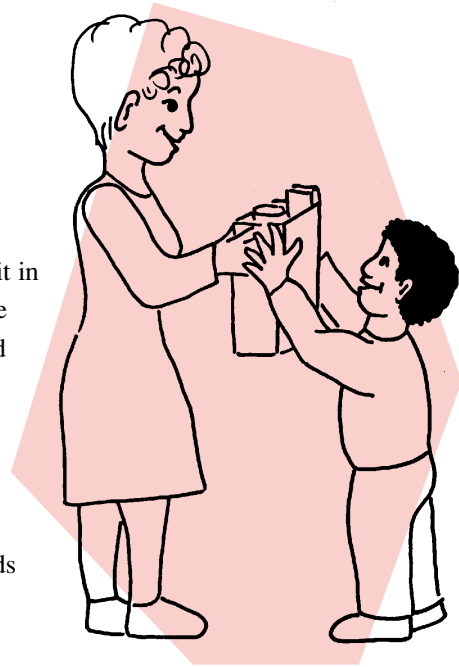
**ACTIVITY:** "Grocery Store Alphabet Game"

**Grade Level:** K - 3

**Materials:** none.

Play this memory game to end the meeting. Have the children sit in a circle and pretend they are collecting their food donations. The first child thinks of a food that starts with the letter A, the second child thinks of a food starting with B, and so on around the circle. After they have completed the alphabet, test their memories by going through the alphabet again to see if they can remember each food.

**Application:** Ask the children to look for examples of these foods as they make their canned goods collections.



#### V. GOING BEYOND



**ACTIVITY:** "Collecting Food Donations"\*

**Grade Level:** K - 3

**Materials:** pledge sheet, grocery bags, Thank You notes, and an adult.

Instruct the children to telephone their donors from home to let them know what they "owe," and to ask when it would be convenient to pick up the food. Encourage them to take an adult along to help with the collections. Store the food in a grocery or garbage bag until the next meeting.

\* This activity will be completed by the children at home after the Jump-athon.

**Activity** "Delivering the Food to the Food Pantry" \*

**Grade Level:** K - 3

**Materials:** pledge sheet, grocery bags, Thank You notes, and an adult.

Make arrangements for the Cloverbuds to deliver the food themselves. Enlist the help of parents to transport the children and the food. If possible, ask for a tour or a brief presentation about the food pantry.

\* This activity may be done as part of the next meeting.

