



MORE MOVEMENT

## PLAY BREAKS

Sometimes we end up unnecessarily feeding our kids during break time to keep them entertained. Here are different games that will encourage children to stay active and help them snack less at school.

Before your kid goes to school, print, cut and place one game in your kid's lunch box.

NESTLÉ for  
HEALTHIER KIDS

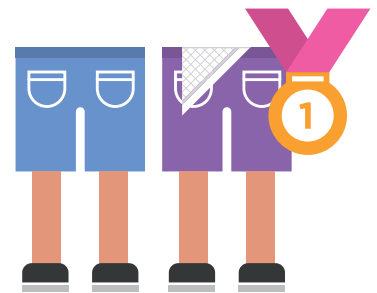
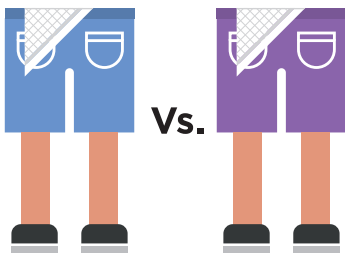


### What you need:

- ▶ A t-shirt or napkin for each player

## TAIL TAG

A fun game of tag with a twist that will keep kids moving.



### How it works:

- ▶ Tuck a T-shirt or a napkin into the back of each of the player's waist bands.
- ▶ As all the players run around one player needs to try to pull the napkin "tails" out.
- ▶ The last player to keep their tail wins.

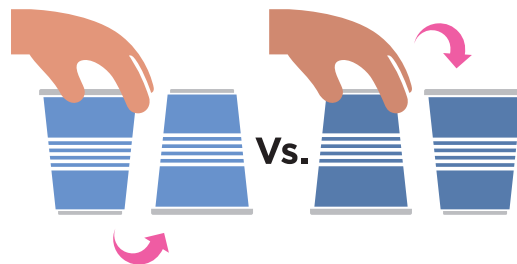
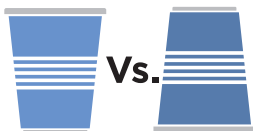


### What you need:

- ▶ 40 plastics cups, 20 for each team

## CONES AND DOMES

A fun game that will keep kids moving.



### How it works:

- ▶ Divide into two teams: **Cones and Domes**  
One team picks the cups right side up and the other upside down.
- ▶ Place half the cups up and the other half down.
- ▶ The objective is to turn the glasses to match your teams cups.  
At the end, the team with the most glasses wins.