



# GET YOUR STUDENTS INVOLVED

## Student Activities for Celebrating Family Day

### IDEAS FOR FUN STUDENT ACTIVITIES

#### Art Project

- Create a Family Crest that represents your family's values, favorite colors, animal spirit and favorite thing to do together.
- Create a Family Tree and see how far down the roots go.

#### English Project

- Write an essay on the most important family meal of your life and why.
- Write an essay on which person in history you'd like to have a meal with and why. Include details on what you'd talk about and what you'd eat.

#### Journalism Project

- Interview fellow students about their favorite family dinner moment.

#### Drama Project

- Create short skits on funny moments heard at the dinner table.

#### Math/Science Project

- What is the calorie count of your favorite meal? What foods could be substituted from each category in the Food Pyramid to reduce the calories by 20%?
- Explain the science on why dark-green leafy vegetables and foods high in antioxidants are good for nutrition. List some common choices for these foods that are often served in your home.

#### Photography/History Project

- Develop a photo project showing images of family dinners with a creative spin on historical periods, fashion, or technology.

Even more materials and activities available for download at:  
[www.informedfamilies.org/campaigndownloads](http://www.informedfamilies.org/campaigndownloads)

### Family Dinners Are The Original Social Network!

Have students share photos of their family eating dinner together on Social Media using #FLFamilyDay for a chance to win a \$100 Publix Gift Card. If your school is the school in Florida with the most family entries, the school will win a \$250 Publix Gift Card.