
Breakfast & Sleep Journal

Goal: To reflect on how students feel after eating or skipping breakfast by completing a breakfast and sleep journal for 1 week.

Target group and settings: Classroom activity for elementary students in grades K-6.

Materials included:

Handouts

- Break for Breakfast
- Breakfast is Best!

Activities

- Breakfast & Sleep Journal
- Child coloring activities

Prizes

- Individual prizes (Jamba Juice coupons)

An example of how to use this activity:

Day 1:

- Use the script to introduce the challenge.
- Complete Day 1 of the Breakfast & Sleep Journal.

Day 2-4:

- Have the students record in their journals (we suggest you wait until after 9am so they have time to reflect).

Day 5:

- Reflect on activity. Collect the journals and announce prize details.

Suggestions of how to introduce this activity:

- This week we will talk about the importance of eating breakfast daily. Who eats breakfast everyday?
- When I don't eat breakfast I feel...[hungry and tired before lunch]. Tell me how you feel if you don't eat breakfast.
- Think about why breakfast is the most importance meal of the day. Give me examples of why breakfast is important?
- This week we will record what we eat for breakfast and how it makes us feel. At the end of the week when everyone has completed their breakfast and sleep journal, our whole classroom will get a prize.
- Remember to eat breakfast everyday. Then write or draw what you ate for breakfast and circle how you feel.

To help us tailor this kit to the needs of Hawaii's communities please complete the short evaluation about the usefulness of these materials.