



PRESCHOOL | ELEMENTARY | MIDDLE/HIGH SCHOOL

# MINUTE ACTIVITIES

# BREAKFAST DRAMA!

Ask students to brainstorm reasons why it is important to eat breakfast.

(examples: eating breakfast is important for school attendance, student alertness, test scores, and overall energy.)

Have students work in groups to create a brief skit or drama that creatively illustrates the importance of eating breakfast. Then have each group present their drama to the class.

**Optional:**

Have the students present their dramas to another class.



**Interested in more breakfast activities?**

Check out the **5 Minute Breakfast Activities Book #120015** from Learning ZoneXpress.



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