

Enough for Everyone (3-5 Lesson Plan)

Goals:

- To help children understand that access to food isn't always equal.
 - To explore feelings about fairness, empathy, and sharing.
 - To connect the activity to the real issue of food insecurity in communities.
 - To brainstorm ways kids can take action to help.
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Materials:

- A box of small snacks (Cheerios, goldfish, pretzels, etc.)
 - Small paper bags or cups (one per student)
 - Chart paper or whiteboard
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Preparation

Put different amounts of snack pieces in each bag/cup:

- Some empty
 - Some with just a few pieces
 - Some with a medium amount
 - One or two with a lot
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Activity:

1. **Hand out one bag to each child. Ask them to peek inside but not eat yet.**
 2. **Ask:**
 - What do you notice about your bag?
 - Is it fair that some people got more and others got less? Why or why not?
 3. **Invite students to think:**
 - Invite students to come up with ways to make things more fair (sharing, pooling snacks, dividing equally).
 - Let them try redistributing.
 4. **After sharing, talk together:**
 - How did it feel when you had a lot, a little, or nothing?
 - How did it feel when you shared with others?
 - How did it feel to receive food from someone else?
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Discussion:

- In real life, sometimes families don't always have enough food. This is called food insecurity.
 - Why do you think food insecurity happens? (possible answers: job loss, high prices, illness, unexpected expenses)
 - Where can people go for help if they don't have enough food? (food pantries, schools, community programs)
 - What can communities do to make sure everyone has enough?
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Extension Lesson:

Community Action Brainstorm: Create a class list of ways kids can help (food drives, helping at school gardens or fundraising ideas).