

Enough for Everyone (K-2 Lesson Plan)

Goals:

To help children understand that sometimes people don't have enough food. To explore feelings about fairness, kindness, and sharing. To encourage empathy and simple ways to help others

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:**
 - How do you feel about what's in your bag?
 - Do you think it's fair that some people have a lot and others have a little or none?
 3. **Invite students to think:**
 - What could we do to make this fair? (sharing, putting everything together, dividing evenly).
 - Let them try redistributing until everyone has some.
 4. **After sharing, talk together:**
 - How did it feel when you didn't have much?
 - How did it feel when someone shared with you?
 - How did it feel to share with others?
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Discussion:

Sometimes families don't always have enough food — this is called food insecurity. Just like in our game, when everyone shares, things feel better and fairer. Communities (schools, food pantries, neighbors) work together to make sure everyone has enough.

Extension Lesson:

Kindness Chart: Brainstorm a list of ways kids can share or help (e.g., donating food, helping in a school garden, making cards for food pantry clients).