

# Local Leaders

## Student Leadership Kit #3

**TIP:** This kit is interactive! Click the logo to visit our website



And click here to enter the kit!





# Local Leaders Student Leadership Kit

Dear Educator,

Welcome to the American Dairy Association North East: Local Leaders student leadership activation kit. This kit contains three teacher-led classroom activities and three challenges for your students to complete on their own, all of which will get your students thinking about how they can be the change in their communities.

Every activity and challenge in this kit is independent, ready for you to use with students today! We have designed these for students in grades 6-8, but they are easily adaptable to higher or lower grades.

## **Keep in touch!**

Your feedback and student success are extremely important to us. To celebrate your students' success, we've put together a bonus *Fuel Up* kit, featuring three new activities, all ready for use in your classroom. To access these activities, please fill out the survey [available at this link](#). Once submitted, the survey system will send the activities to you automatically.

Thank you,  
American Dairy Association North East



Use this menu  
to navigate  
through the kit

# Activities

## Grilled Cheese Recipes

Click a tab to  
jump to that  
activity

Give your students a chance to build their dream grilled cheese.

 30 mins.

### 1 Key Takeaways

- Students will practice using nutritious food to express their creativity
- Students will learn the fundamentals of writing a recipe

### 2 Resources Needed

- Writing Materials (Pencils, paper)
- Art Supplies (Crayons, markers, colored pencils)
- Optional: [Grilled Cheese Worksheets](#)

### Tips & Tricks

Optional: If your students loved writing recipes, try making them! Pick ingredients that appear in many student recipes and see what your class can create!

### 3 Instructions

1. Introduce the activity to students:  
“There are so many ways to make a grilled cheese. We’re going to practice writing a recipe that uses our favorite ingredients to make the sandwich that’s just right for us.”
2. Prompt students to suggest common ingredients in a grilled cheese sandwich, e.g. bread, mayonnaise, and cheese.
3. Ask students to brainstorm ways to make their grilled cheese better:
  - a. What type(s) of cheese could they use?
  - b. What vegetables could they include?
  - c. What condiments would be good?
4. Give students the opportunity to write down their own personal grilled cheese recipe, either on notebook paper or the Grilled Cheese Worksheet available [here](#).
5. After giving students sufficient time to write down their ideas, prompt students to share with the class either ingredients or whole recipes.

\* [Don't forget to tell us how it went!](#) \*





# Activities

## Women's Sports Wall of Fame

In this activity, students will research influential female athletes throughout history. Students will use their research to create an infographic or poster honoring the athlete and their contributions to women's sports.

 30 mins.

### 1 Key Takeaways

- Students will collect research on a female athlete.
- Students will teach others about influential women in sports.

### 2 Materials

- [Sample list of influential women in sports](#)
- Internet access (can be substituted with non-fiction books about female athletes)
- Poster making materials (paper, markers, colored pencils, etc.)

### Tips & Tricks

- Advise students that they may select female athletes beyond those included in the sample list.
- If students search for athletes not on the sample list, recommend using athletes on school, local, or community teams.

### 3 Instructions

1. Give students the [sample list of influential women in sports](#) or encourage students to look up their own athletes.
2. Have students choose a female athlete as the topic of their project.
3. Tell students to research their person, choose a picture, and answer the following questions:
  - a. Name:
  - b. Sport:
  - c. Accomplishments/Contributions:
  - d. Interesting Fact(s):
4. Have students create a poster or infographic with an image of the person and their answers to the research questions.
5. Reflection: Lead students in a reflection. Suggested questions:
  - a. What obstacles or struggles did your athlete have to overcome to gain notoriety in women's sports?
  - b. What struggles or obstacles have you faced as you work towards achieving your own goals?
  - c. What life lessons could you or others around you learn from your athlete?
6. Display student creations on a bulletin board or wall for celebration of Women in Sports Month.

\* [Don't forget to tell us how it went!](#) \*





# Activities

## Cheesy Joke Book

Help your students put together a goud-a book of their favorite cheesy jokes.

 30 mins.

### 1 Key Takeaways

- Students will practice writing skills and storytelling.
- Students will think about what they find funny and why.

### 2 Resources Needed

- Writing materials (Pencils, paper)
- Optional: Art Materials: (Markers, colored pencils, crayons)

### Tips & Tricks

- This activity works best spread out over multiple days. Give students time outside of class to think of their jokes.
- If students struggle to come up with jokes, prompt them to think about spaces where ideas come to them, e.g., the shower, a walk, or at lunch.

### 3 Instructions

1. Begin with a discussion of what makes a cheesy joke:
  - a. You groan while laughing
  - b. Usually involves a pun or when one word means two things
  - c. You often see the punchline coming, but smile anyway
2. Give students an example of a cheesy joke
  - a. Why is cheese so great at science?  
They can make an awesome hypotheswiss
  - b. Did you hear about the disaster at the cheese factory?  
All that was left was de-brie!
3. Give students time to write their own cheesy jokes. Students can use art supplies to make their jokes in the form of comic strips.
4. Prompt students to share their jokes with the class.
5. Collect your class' cheesy jokes into a central document or bulletin board.

\* [Don't forget to tell us how it went!](#) \*





# Challenges

These are challenges for your student to complete on their own.

Click a  
challenge box to  
see the details!





# Challenges

## Follow the Leader

Encourage your students to complete this activity on the [Fuel Up Challenge Center](#) for individual prizes and rewards!





# Challenges

## Women Athletes Word Search

Do you know some of the most famous female athletes from throughout history? Test your knowledge and see how many you can find!

Serena Williams  
Tennis  
Mia Hamm  
Soccer  
Lindsey Vonn  
Skiing  
Simone Biles  
Gymnastics  
Hilary Knight  
Hockey  
Bethany Hamilton  
Surfing

Tara Cunningham  
Powerlifting  
Katie Ledecky  
Swim  
Annika Sorenstam  
Golf  
Misty Copeland  
Ballet  
Lisa Leslie  
Basketball

E O C O O X E V Y J Q J B S T H B S M X  
W R W T W M I A U H O V A J A J A E K J  
T H N V H J R F B W K Z S N R J L R A K  
D Z T P I W R O L Z G X K J A P L E T P  
H I L A R Y K N I G H T E I C P E N I O  
K U W M U W D V B F I F T T U U T A E W  
S I M O N E B I L E S P B U N V K W L E  
X X N C Z O G G M T P T A Y N S R I E R  
X O D I Y X L O V K G N L V I X T L D L  
P N Q Z X S K L D G S Y L Z N B E L E I  
E D T Y T H T F O B T Z M T G L A I C F  
Y H B B J I S U R F I N G N H J Q A K T  
Q A N N I K A S O R E N S T A M D M Y I  
L I S A L E S L I E P K Q R M S V S Y N  
B B G M I A H A M M T E N N I S T H Y G  
M I S T Y C O P E L A N D Z A D A I H D  
Q H W P P X W X P M X S T X X V O I C D  
Z I F G E L W N C Q C W R B O G U M W S  
Z N J Z C W G J F E B I Q H O C K E Y K  
G F V S O C C E R K B M E F N W T F P E





# Challenges

## Say Cheese!



Create a photo journal of your local community that shows off some of your favorite sights! Create captions that describe how the images make you feel. Try to imagine giving someone a tour. Here are some suggestions of things you can capture:

1. Take a picture of the tallest thing you can find in your town or city.
2. Take a picture of some local artwork.
3. Take a picture of something that makes you think about nature.
4. Take a picture of a playground or park.
5. Take a picture of a place where people come together.
6. Take a picture of a local place where you can shop.
7. Take a picture in a local place where you can eat.
8. Take a picture of a place where you can sit outdoors.
9. Take a picture of your favorite cheesy food.

Decide how you can share your photos and captions by using the hashtag #CheesyPhotoOp.