



Create your own  
magical tree

**509 | Arts |**

There are plenty more activities and videos to look at on our learning resources page:

<https://www.509arts.co.uk/project/meal-one-creative-learning/>

This QR code will also take you there



We also have loads of stuff on our social media sites to look at:

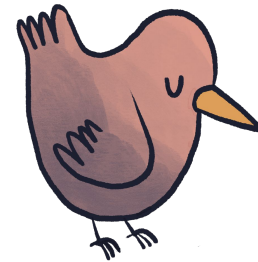


We would love to see what you produce from these activities!

Take a picture of your work and send it to [hello@509arts.co.uk](mailto:hello@509arts.co.uk) and we will upload it to our gallery.

You can see the lovely creations other people have made at our gallery:

<https://www.509arts.co.uk/project/meal-one/>



# Feeling, hearing and seeing Breakfast

## Facilitator notes:

1. Bring in a variety of breakfast items from a range of different cultures. For example - boxes of cereal, chapattis, cooked sausages, jam, boiled eggs, milk, croissants, toast. Depending on your participants you will judge whether they need boxed items, plastic/fake items or the real thing.
2. Use a variety of bowls, dishes, jugs, cups, and encourage participants to explore the breakfast items. They could pour, measure, transfer, shake and feel the different breakfast items. This will be messy!
3. If appropriate participants may want to taste some of the items.
4. Ask participants to put the items into 2 piles - like and don't like (this can be done either after exploration or after tasting).
5. Talk about similarities and differences in each others' likes and dislikes.



# Meal One breakfast

## Facilitator notes:

1. Look at the images of the breakfast from Meal One.
2. Can participants identify what is on the table?
3. What do they think Helbert and his mum like to have for their breakfast?
4. On the third slide are the images of what Helbert and his mum are eating for breakfast, can participants name/sign them?
5. Can they find the item that you don't usually have for breakfast?











# Fantasy/best breakfast

## Facilitator notes:

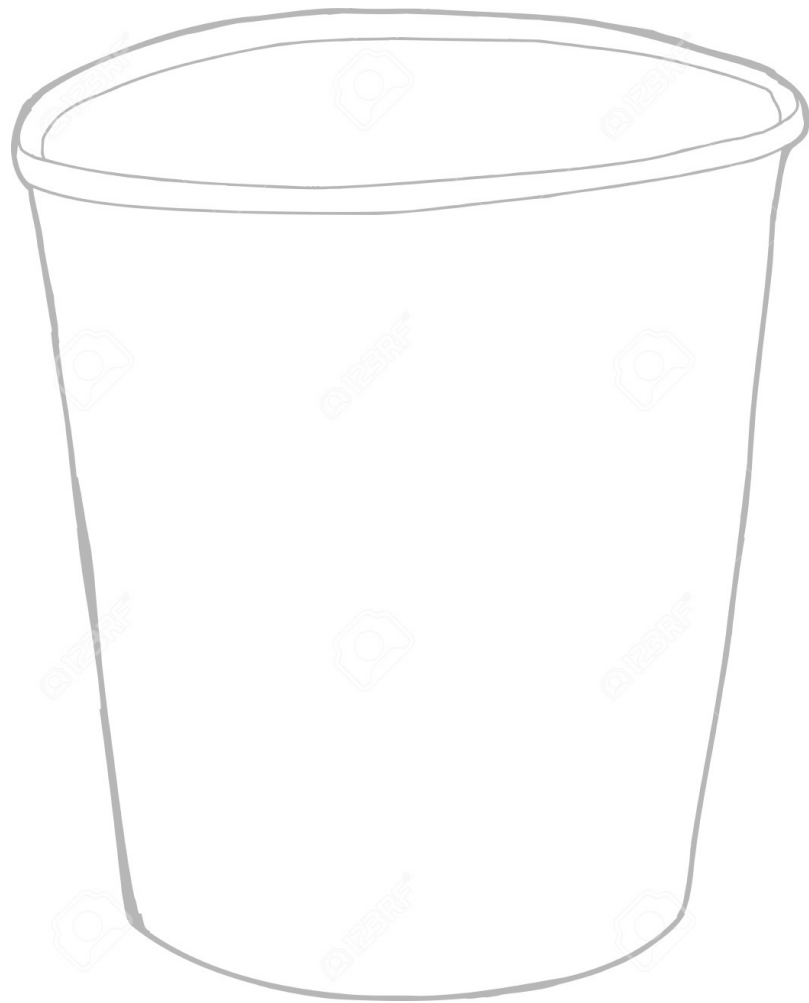
1. Using the large line drawings in the following slides talk about the different things we like to eat for breakfast.
2. Can participants match up any of the drawings with the items they have just explored?
3. Some participants may be able to say what they would like in their fantasy/best breakfast - if they could have anything they wanted!
4. They could colour and label the sheets as items from their fantasy breakfast and set their table with their fantasy breakfast.

My best breakfast



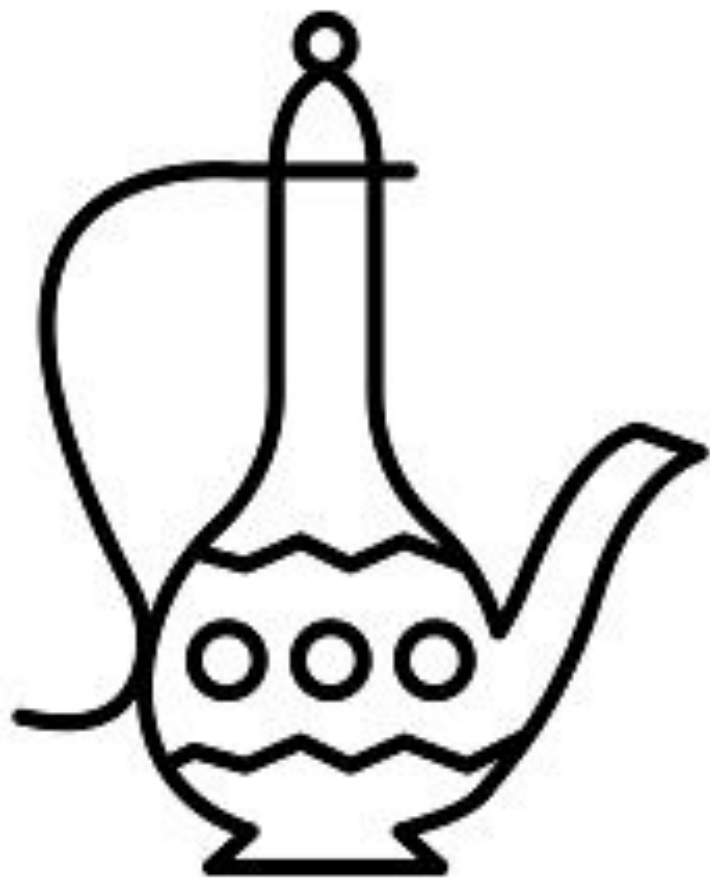




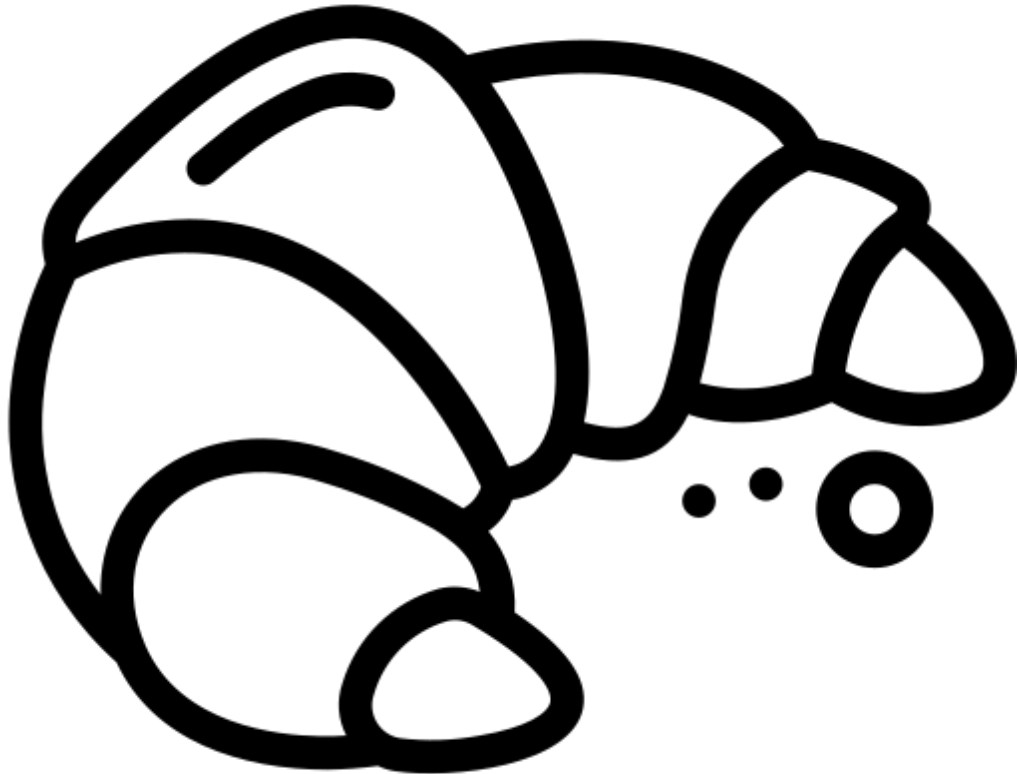


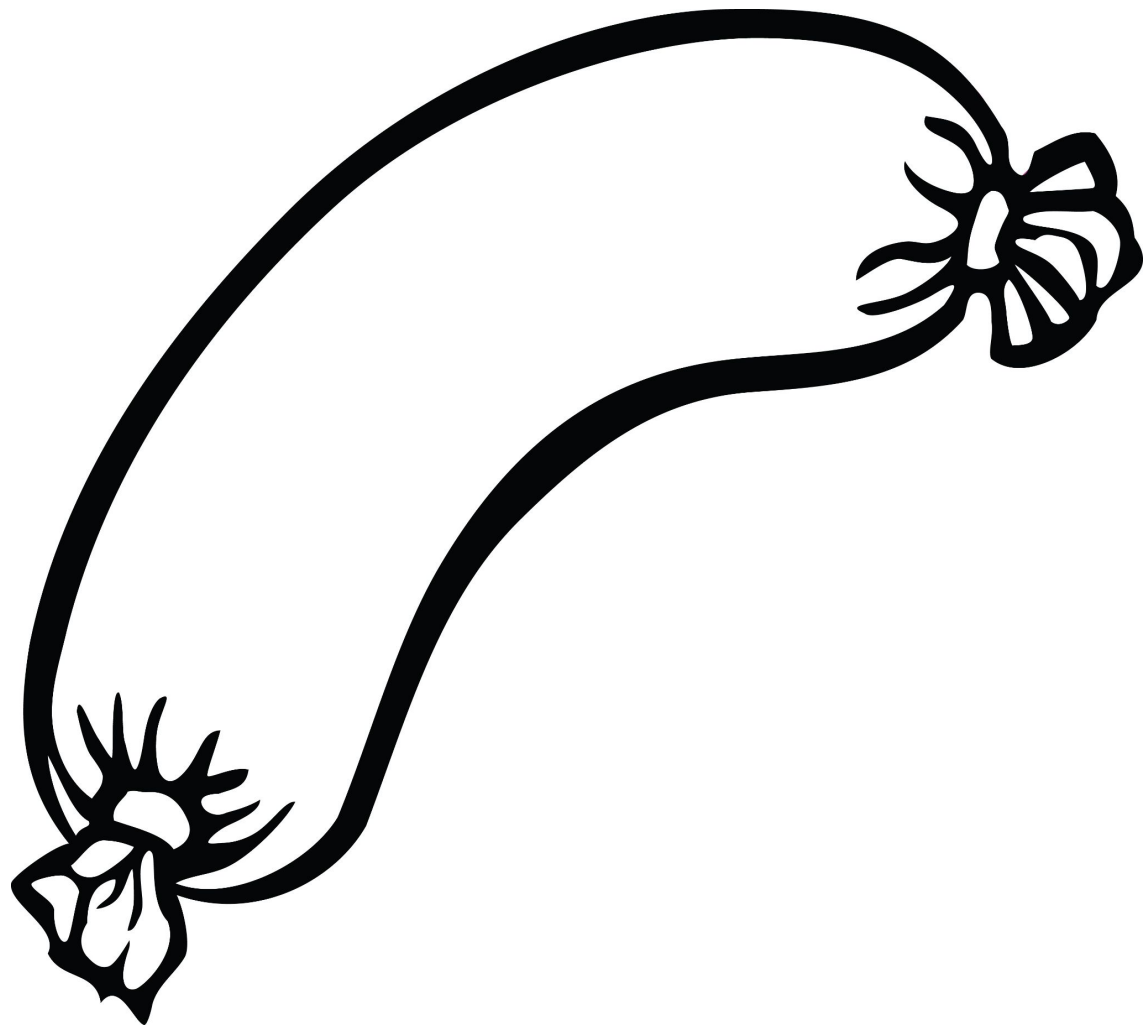


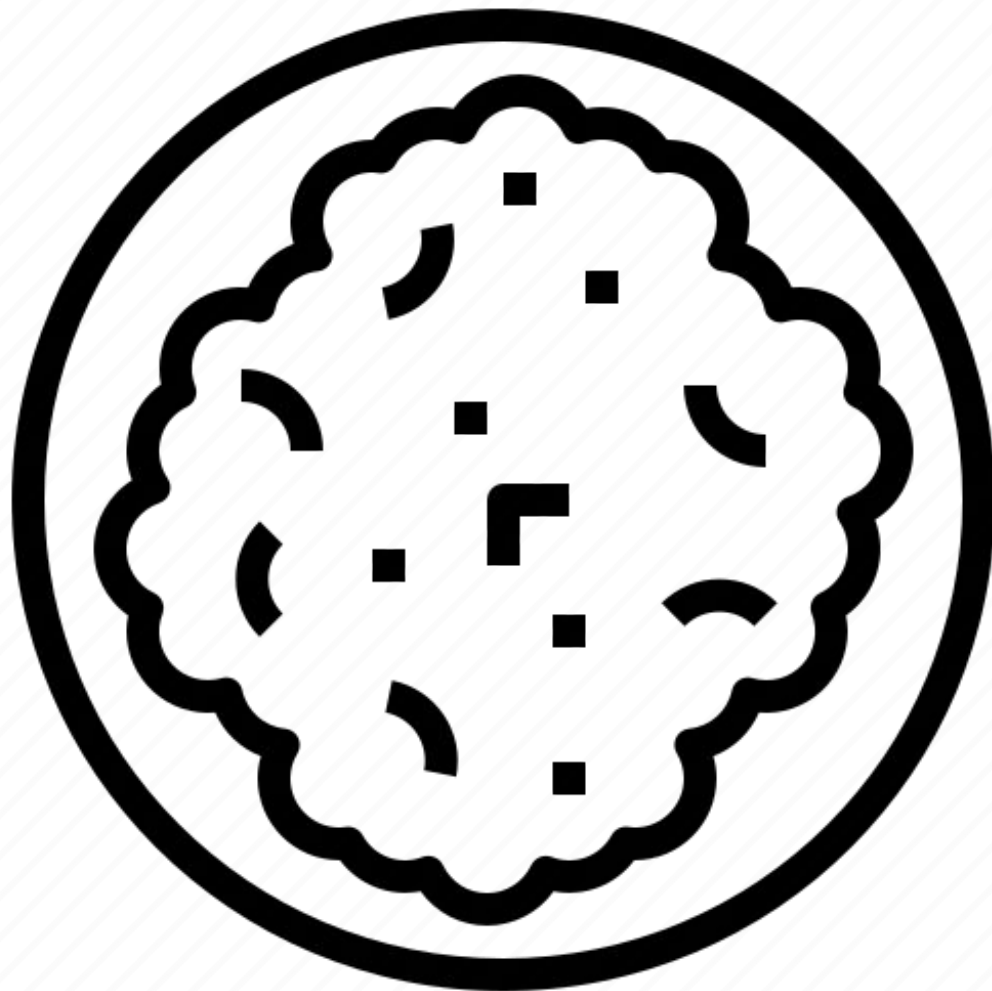


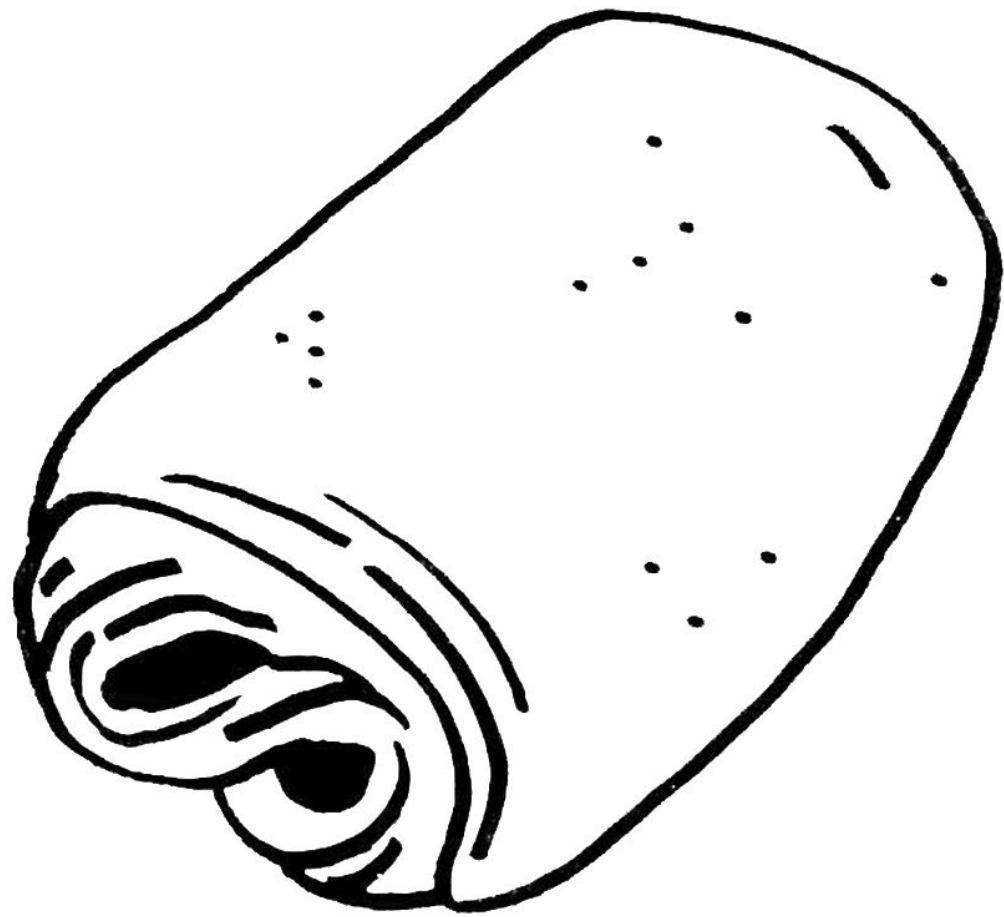


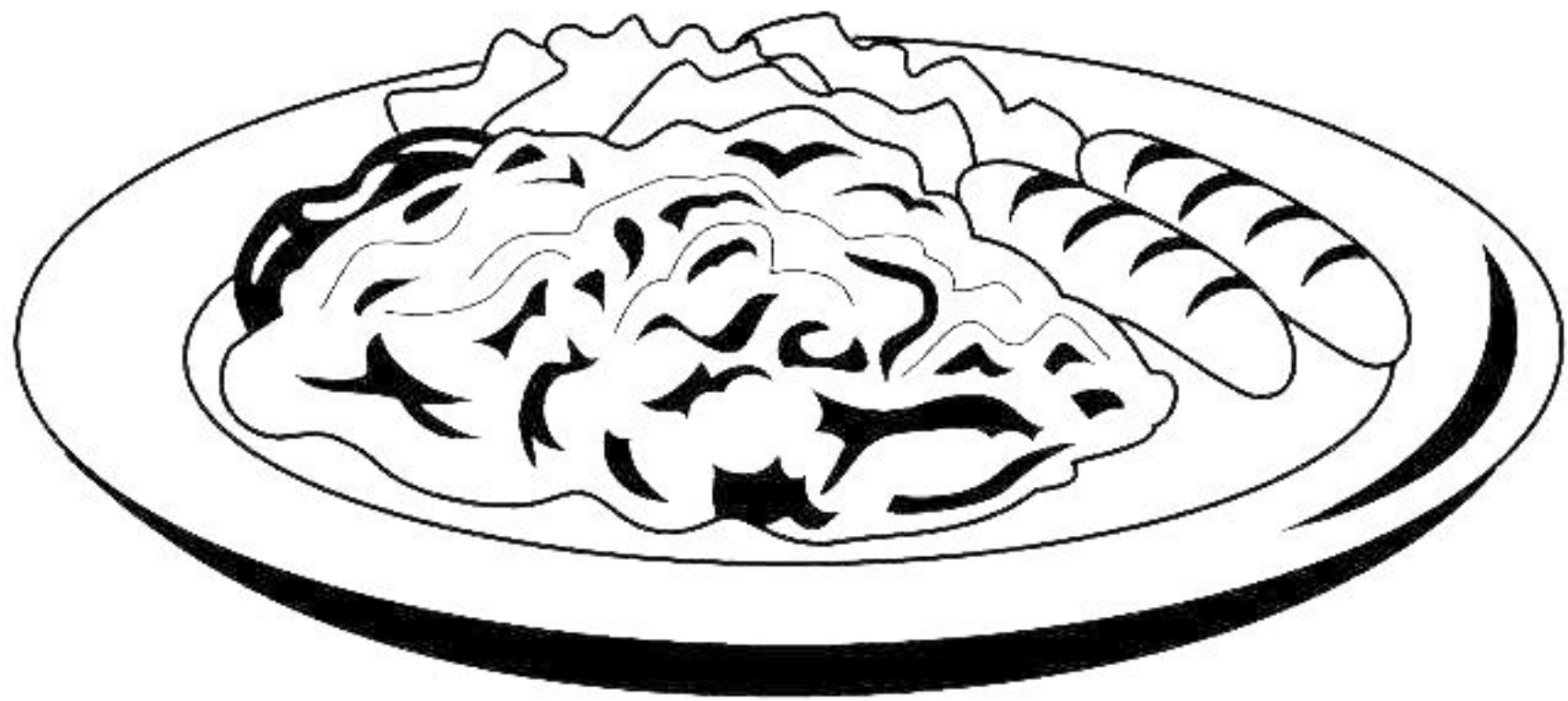






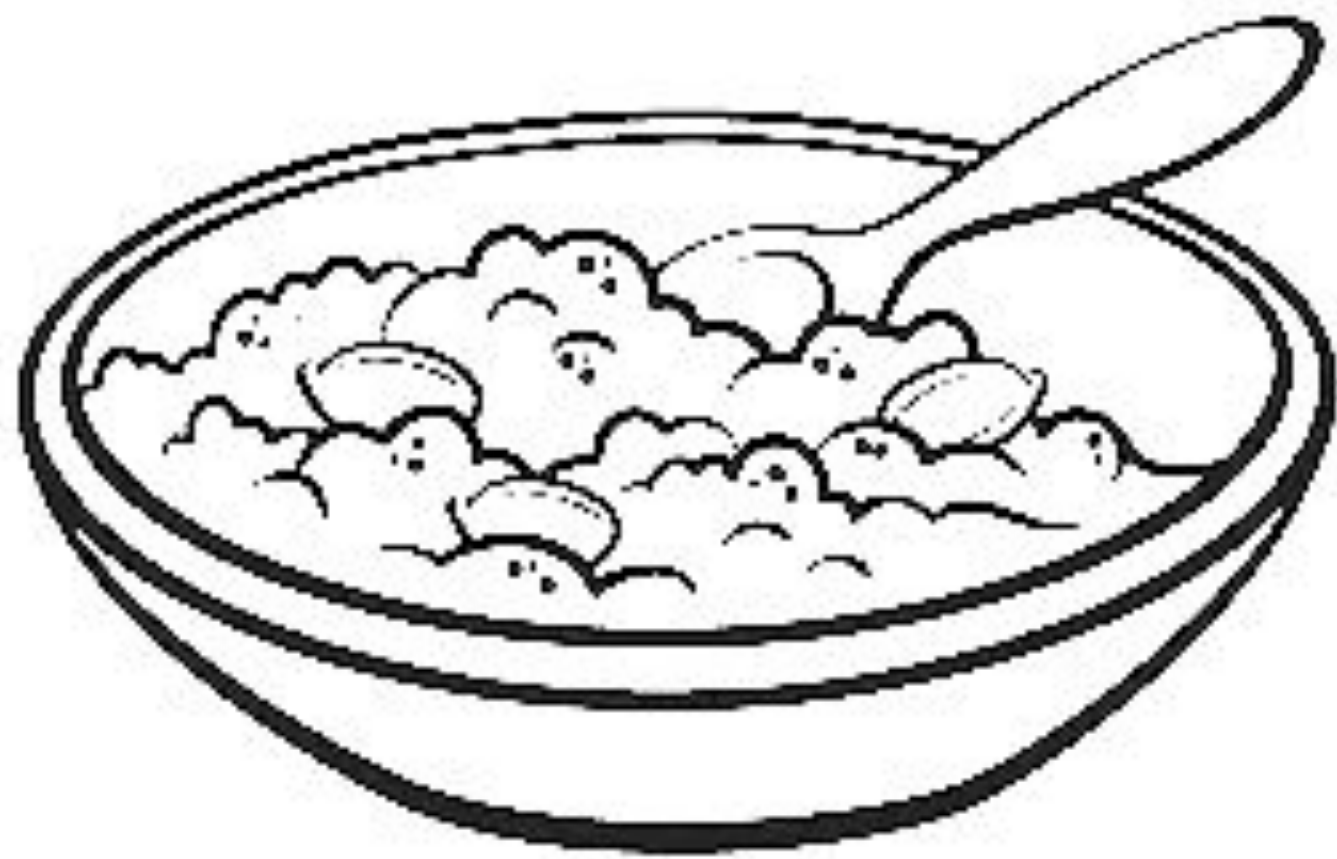


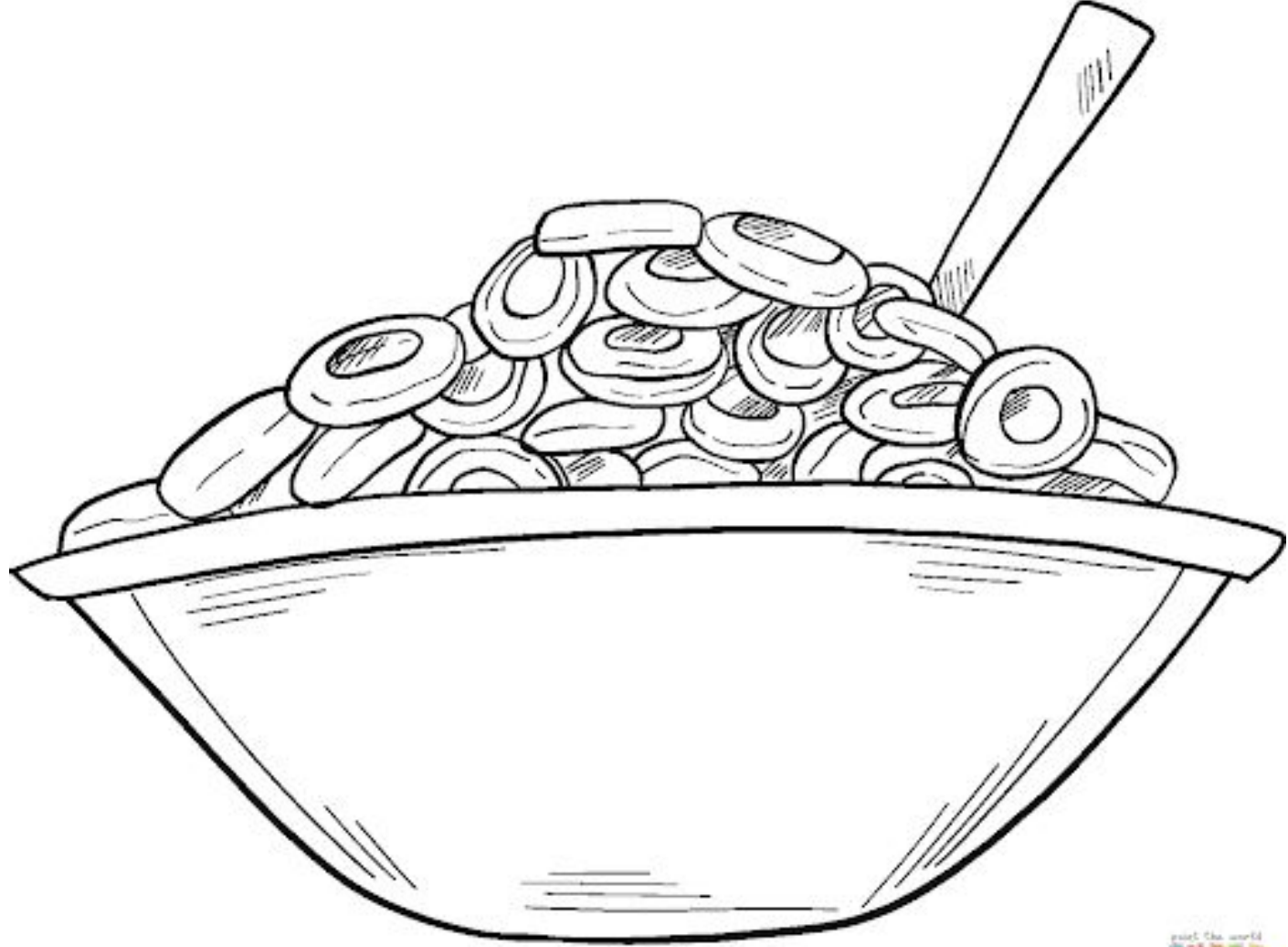


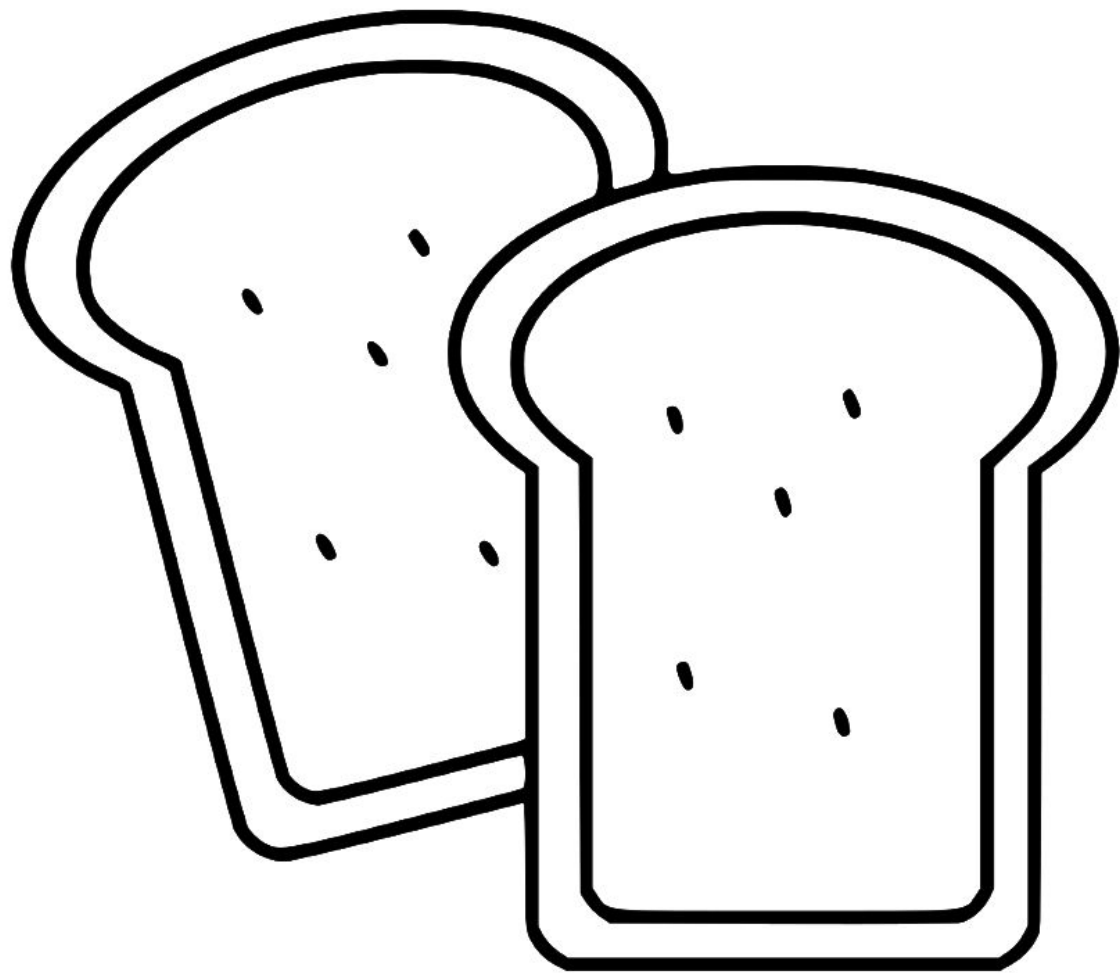


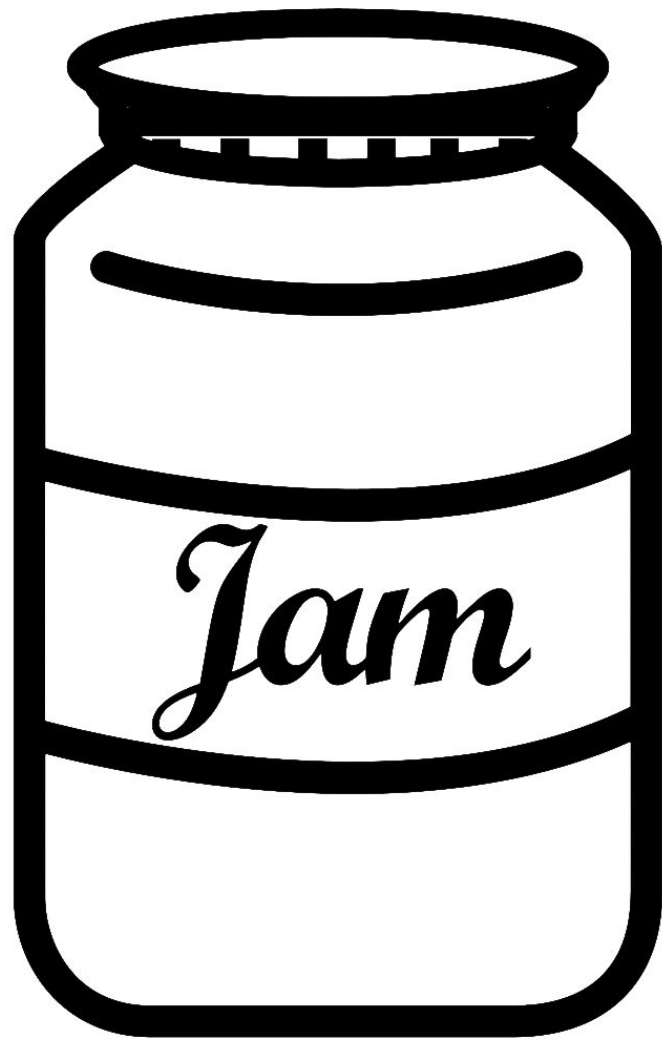








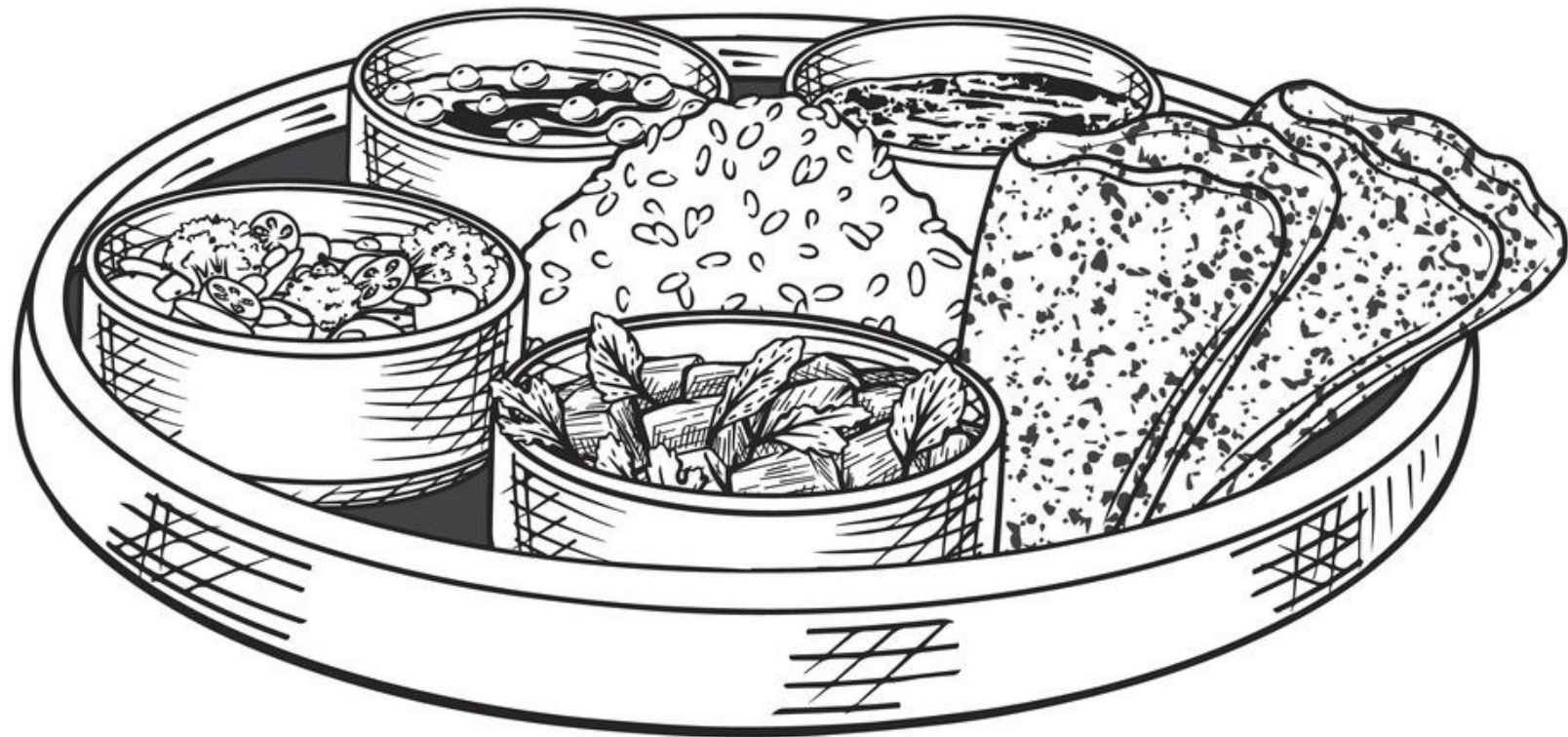


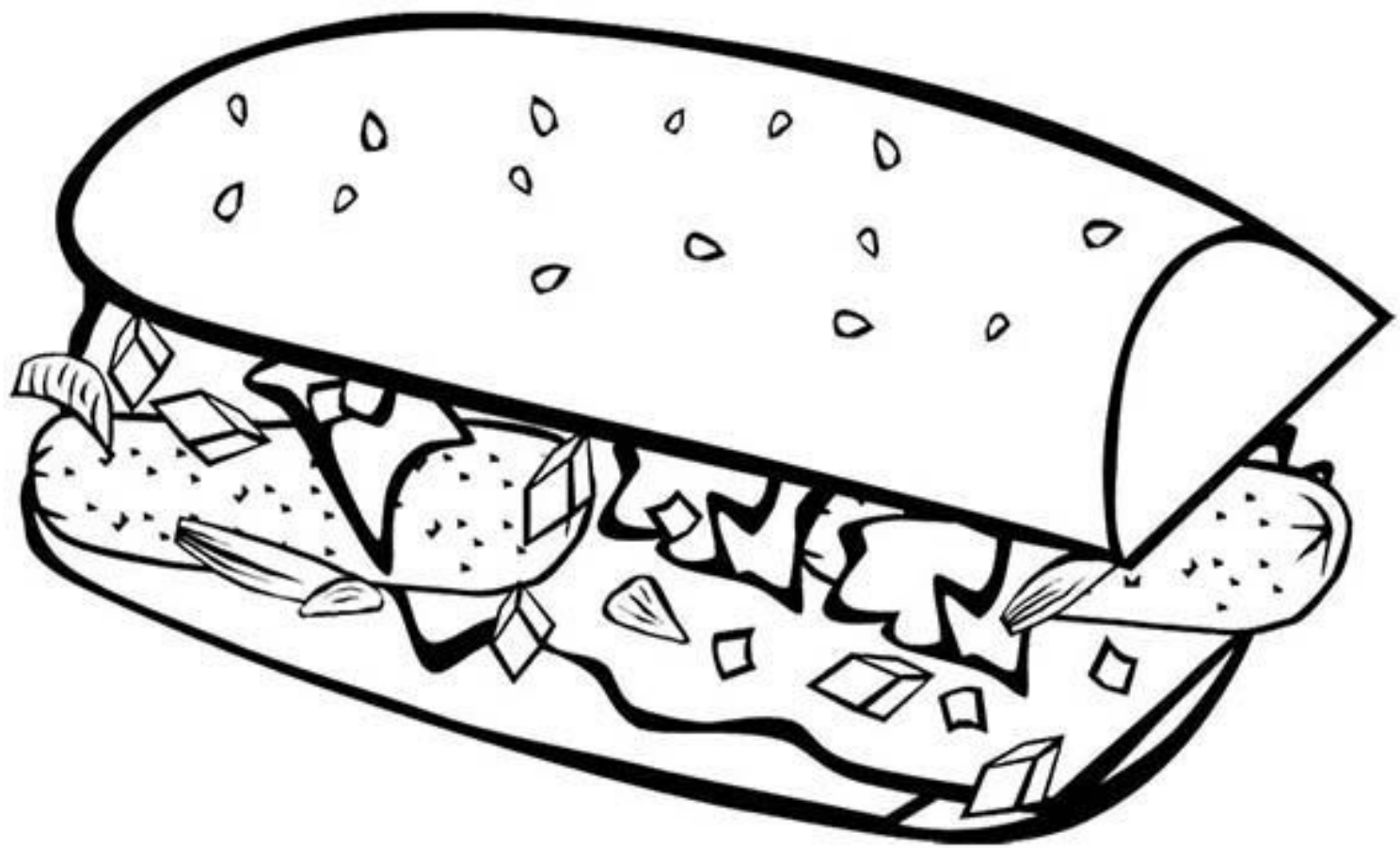




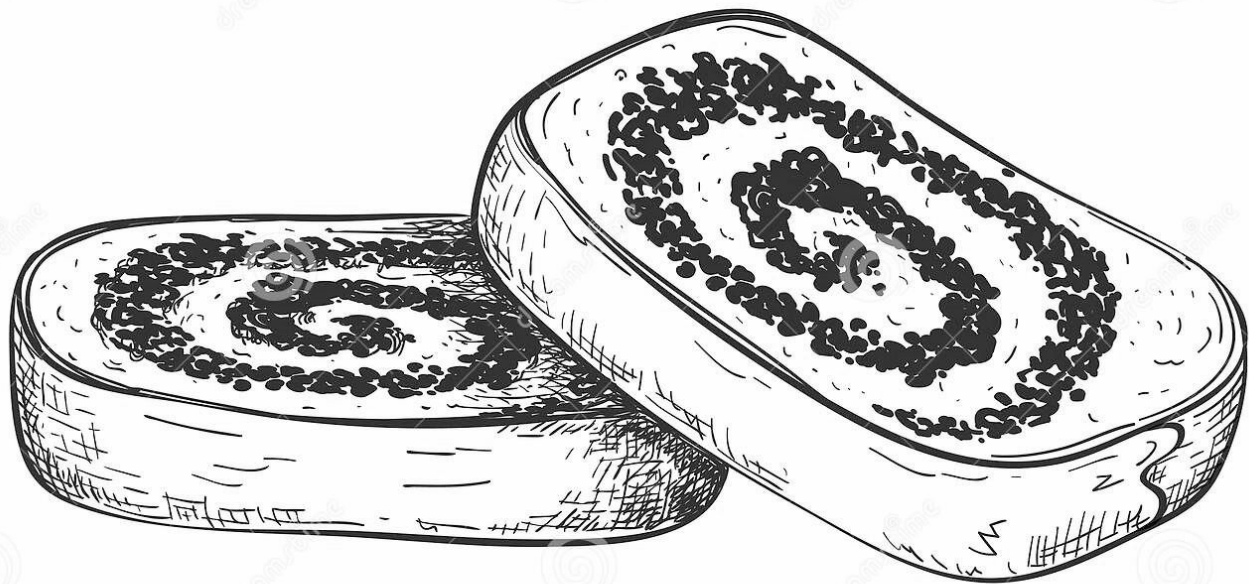


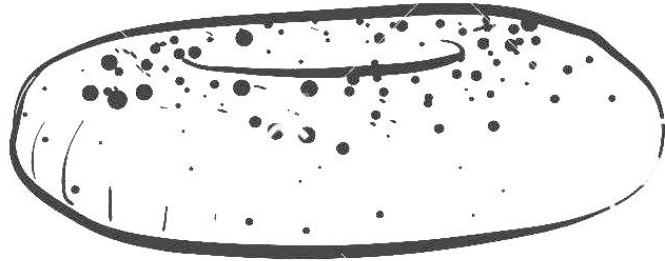
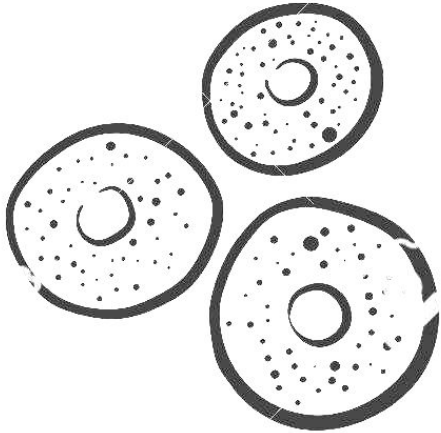
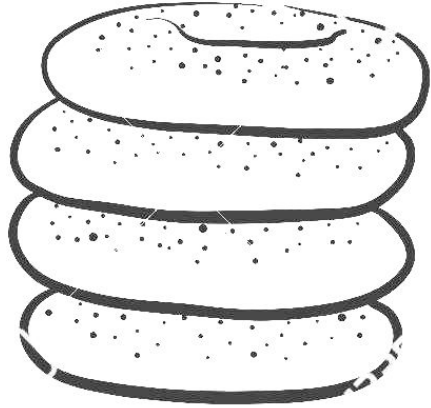
*Peanut  
butter*

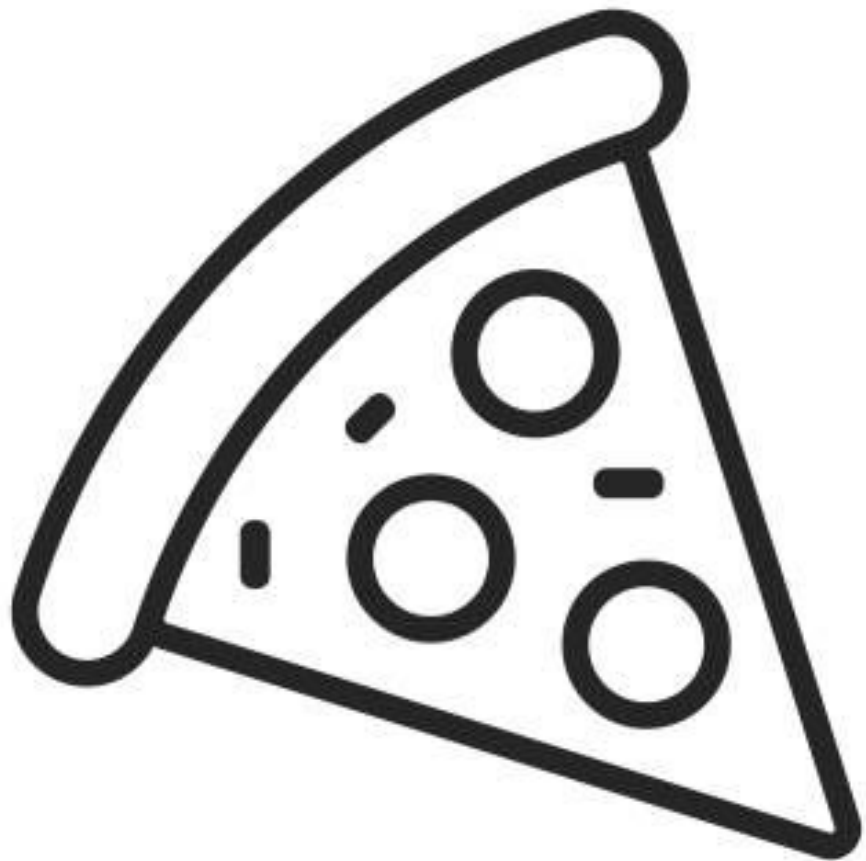


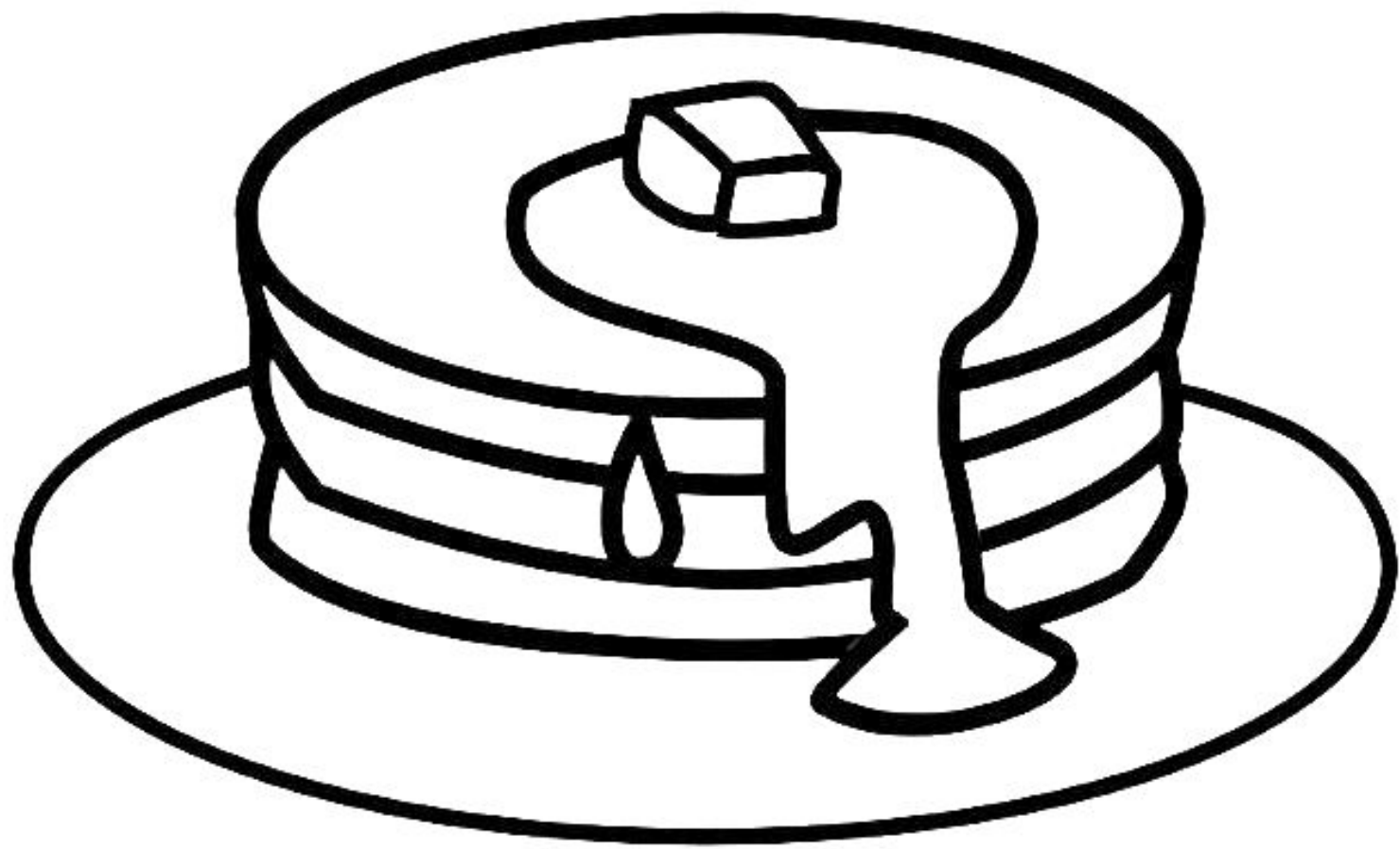














Education and support packs devised for  
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<https://formcommunity.wordpress.com/>

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