

## OWL COLORING ACTIVITY



# EAT

Family Style @ Home

- Create Memorable Mealtimes -

### Materials

- Owl coloring sheets (see next page)
- Crayons, markers or colored pencils

### Procedures

1. Ask the children to color how the owl's stomach would look before lunchtime when the owl is very hungry.
2. Talk about how the owl's stomach would look during lunchtime and at the end of mealtime.
3. Ask the children, "Which owl's stomach best matches your stomach's fullness right now?"
4. Have the children color the owl's stomach to show their own level of hunger and fullness. Prompt them that if you are hungry that you would color in a small amount. If you feel full, like after lunch, you would color in the stomach all the way to the top.

