

# Smoothie Day

*Activity*

**Resource:** Ideas for Action

**Grade(s):** 1 2 3 4 5 6 7 8 9 10 11 12

## What Is it All About?

Serve up healthy smoothies to deliver your message in a delicious way!

## Why Do It?

Sometimes it's difficult to get your message out, but pairing it with a delicious snack can help you get the conversation started with your peers.

## How Do We Do It?

Determine your message. Are you going to talk about body image, self-esteem, healthy relationships, or consent?

Research healthy smoothie recipes and talk to an adult ally about budget to buy ingredients.

Set up a booth/table in a visible space before school, between classes, during lunch, or after school.

Using markers or sharpies, write relevant facts or positive messages related to your topic on the smoothie cups and hand them out to passing students. For example, if you choose to talk about consent, you could write things like "only yes means yes" or "delete don't repeat" (referring to deleting images instead of forwarding them), or "where do you draw the line?" on the cups.

When serving the smoothies to students, take the time to talk to them about the messages on the cups and spark a conversation about the topic.

## What Else Do We Need?

- Blender
- Smoothie ingredients
- Ingredient list
- Cups
- Table
- Markers

## How Do We Get Creative?

Make it a group activity. Write different statistics or questions on each cup. Have participants find others in the group with different messages and discuss the facts or answer the questions on the cups.

Adapted from: Ophea's Campaign Messengers: Taking a Stand! 2016/17 school participant.