



Courage Cards

School Lunch

Kalamata knows that starting school can be tricky. These cards are here to help you find the right words to start a conversation that could turn into a flavorful friendship.

Cut them out and pack one in your lunch box to see how delicious being brave can be. Pssst, grown-ups, it can be helpful to practice the cards together first.

Tell me one of your favorite parts of school so far?

Yum, that looks good, is that your favorite thing to have for lunch?

What's your favorite game to play?

Do you have a favorite animal?

If you could only eat one food for the rest of your life, what would it be?

Where do you like to play at recess?

Do you know how to make a funny face?

Your lunch box is cool, are those your favorite colors?

I'm starving, what did you have for breakfast this morning?

What's your favorite dessert?