



Caring for Cows & Nourishing Communities



VIRTUAL FIELD TRIP: FAMILY ACTIVITY

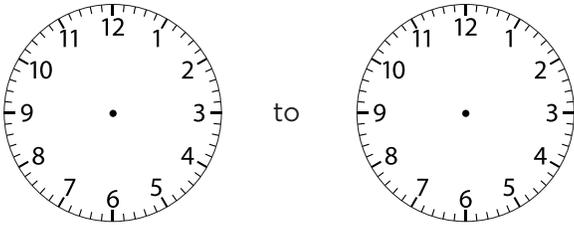
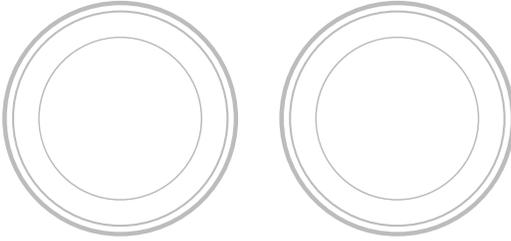
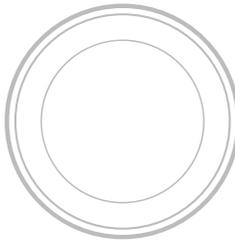
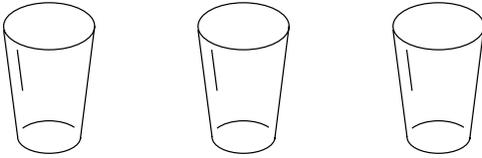
Overview: During the Undenably Dairy “Farming to the Future” Virtual Field Trip, you and your family will learn more about healthy, sustainable living as you get a behind-the-scenes look at how dairy farmers care for people, the planet and our communities. You’ll have the chance to hear from special guests across the U.S. including a dairy farmer, a sports nutritionist, an environmental scientist, and even a celebrity chef as you learn about integrating sustainably nutritious foods and sustainable habits into your everyday lives.

The two activities on the following pages are designed to be completed before and after you participate in the Virtual Field Trip. They will help your family connect what you’ve learned to your lives at home as you are challenged to move toward a healthier and more sustainable lifestyle.



Pre-Virtual Field Trip Activity: Healthy Living Inventory

Directions: Before you participate in the Virtual Field Trip, reflect on your current lifestyle and fill out the Healthy Living Inventory below. You may choose to complete one inventory as a family, or—if your lifestyles are varied—you may each complete your own!

<p>Sleep</p> <p>I normally sleep from:</p> 	<p>Sample Plates</p> <p>On an average day, I eat:</p>  <p>for breakfast for lunch</p>  <p>for dinner</p>
<p>Beverages</p> <p>I frequently drink the following:</p>  <p>_____</p>	<p>Where does my food come from?</p> <p>Explore your fridge and color in the map below.</p> 
<p>I often do these physical activities:</p> <p>I am active for about _____ minutes a day and _____ days a week.</p>	



Post-Virtual Field Trip Activity: Sustainable Living Vision Board

Overview

A vision board is a creative and inspirational collage that motivates you to work toward your goals. Now that you have a better idea of what it means to live sustainably, collaborate with your family to create a vision board that inspires healthy, sustainable living.

Directions

1. To get started, review your Healthy Living Inventory. Then, think about what you learned during the Virtual Field Trip, and brainstorm how your family can grow and improve as you strive to lead healthier and more sustainable lives.

For instance: Could your family try to eat more sustainably and nutritiously; be more active; get more sleep; waste less; reduce, reuse and recycle more; or cut your energy consumption? Try to select one or two focus areas that will improve your family's health as well as the health of the planet.
2. Once you have a focus area(s) in mind, discuss how your family can improve in this area. Be sure to consider the roles, responsibilities, and goals of each family member.
3. Then, get started on a vision board that will motivate everyone in your family to make these changes! Decide whether you would like to create a virtual board or a paper version, and then follow the directions provided below.

Virtual Vision Boards

There are many websites and apps designed for creating vision boards. Most will require you to create an account before you get started, which will allow you to return to your board and access/add to it at any time. A few free app and/or website suggestions include:

- [canva.com](https://www.canva.com)
- [corkulous.com](https://www.corkulous.com)
- [wakelet.com](https://www.wakelet.com)
- [Pinterest.com](https://www.pinterest.com)
- [en.linoit.com](https://www.en.linoit.com)

Once you have selected a program, it's easy to begin! Label your board with your family's goal(s) or focus area(s). Then work together to search online for images, articles, videos, cartoons, memes, etc. that will motivate, inspire, and remind your family to work toward your goal.

When your board is complete, decide how it will be displayed. You may choose to print it, share it on social media, set it as your device's backdrop, or save it in another location where your family will see it often. As you stumble upon new sources of motivation, return to your board and update it...or create a new one!



Paper Vision Board

You may also create your vision board using posterboard, construction paper or several pieces of printer paper.

Once you have a canvas, work together to create a title for your board that summarizes your family's goal or focus area. Then, search through magazines, newspapers, and/or the Internet for images, photographs, phrases, and articles that will motivate and remind you to work toward your goal! Cut them out and assemble them like a collage on your vision board. You may also create and add your own drawings, cartoons, and/or inspirational sayings.

When your board is complete, place it in a location when your family will see it often and use it as a daily reminder to work toward your goal. Encourage all family members to add to it as you find new sources of inspiration for health and sustainability!