

Stories in Motion

In-Class Activity Breaks

Continue each bulleted activity or set of activities for 15-30 seconds.

A Day at the Dairy Farm

- Do you know where milk comes from? A Dairy Farm!
- Let's go on a field trip to learn about what happens on a dairy farm!
- Hop on the bus and squat down in your seat. Look out the window at all of the fields and farms going by.
- Here we are. Stand up and walk off of the bus. Let's put on some big boots.
- Walk out to the barn. Cows need to be milked twice a day. First thing in the morning and in the afternoon. Most dairy farms use machines, but let's practice milking a cow by hand. Squat down onto a milking stool. To milk the cow squeeze your hands and move them up and down.
- Carefully carry the bucket to the large holding tank. Pour the bucket of milk into a big tank. The milk will be sent to the dairy to be processed before it goes to the store.
- We need to feed the cows. Use a pitch fork to scoop some hay. Then give them a scoop full of grain in the cow's trough.
- Finally, let's clean up the milking barn. Get a big broom and sweep the floors. Now take the water hose and spray everything down moving the hose from left to right and from top to bottom.
- Whew! That was a lot of work; let's stretch out our arms and legs and then walk back to the bus. I am ready to relax and enjoy a cold glass of milk!