SURF’S UP
WITH SCHOOL BREAKFAST

NATIONAL SCHOOL BREAKFAST WEEK
MARCH 4-8, 2024

ACTIVITY GUIDE

NSBW resources are supported by:

Kellanova
Away From Home
Get ready for a tubular time with this Mad Libs-style activity. To start, gather your crew, grab a pencil and get ready for word-filling action. Take turns asking for different types of words and fill in the blanks below. Then add them to the story and read it aloud for some serious laughs!

1. Adjective: ___________
2. Noun: ___________
3. Verb (present tense): ___________
4. Adverb: ___________
5. Plural Noun: ___________
6. Adjective: ___________
7. Verb (past tense): ___________
8. Noun: ___________
9. Exclamation: ___________
10. Verb (present tense): ___________
11. Adjective: ___________
12. Noun: ___________
13. Verb (present tense): ___________
14. Adjective: ___________
15. Noun: ___________
16. Favorite breakfast food: ___________
17. Breakfast drink: ___________
18. Verb (past tense): ___________

Now, let’s see the results:

“Surfin’ Adventure”

Grab your breakfast and your ___________ surfboard and hit the waves at ___________ Beach! You’ll be ___________ the waves ___________ and catching plenty of ___________ with your ___________ surfing skills. This morning, I ___________ an epic ___________ ride that everyone still talks about. ‘Cowabunga!’ was the ___________ heard as I ___________ through the tunnel of a massive ___________. I even managed to ___________ a few seagulls soaring by. People were ___________ at my ___________ moves, and I became a legend among the local ___________. To celebrate, I had my favorite breakfast ___________ with a side of ___________. I’ve never ___________ anything like it!
Can you talk like a surfer? Write the surfer-lingo terms next to their gnarly definitions below and test your skills!

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
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<tbody>
<tr>
<td>Kook</td>
<td>A strong current that flows away from the shore, often helping surfers get out to the lineup.</td>
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<tr>
<td>Break</td>
<td>A surfer who is inexperienced, often exhibiting poor etiquette in the lineup.</td>
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<tr>
<td>Stoked</td>
<td>Excited, happy, or enthusiastic about surfing or good waves.</td>
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<tr>
<td>Hang Ten</td>
<td>Falling off the surfboard while attempting to ride a wave.</td>
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<tr>
<td>Wipeout</td>
<td>A technique used by surfers to dive under an approaching wave while paddling out.</td>
</tr>
<tr>
<td>Rip</td>
<td>The area where surfers wait for waves, positioned outside the breaking waves.</td>
</tr>
<tr>
<td>Lineup</td>
<td>The point where the wave begins to curl and break, creating a rideable section.</td>
</tr>
<tr>
<td>Duck Dive</td>
<td>Neoprene clothing worn by surfers to stay warm in cold water.</td>
</tr>
<tr>
<td>Carve</td>
<td>A maneuver where a surfer walks to the front of the board and hangs all ten toes over the nose.</td>
</tr>
<tr>
<td>Wetsuit</td>
<td>Making smooth and flowing turns on the face of a wave.</td>
</tr>
</tbody>
</table>

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This groovy puzzle is filled with terms that capture the essence of surfing and the vibrant spirit of the islands. Aloha and happy searching!

Aloha
Hula
Honolulu
Lei
Luau
Pineapple
Surf
Beach
Volcano
Mahalo
Coconut
Island
Tropical
Ukulele
Maui
Banana
Oahu
Lanai
Yogurt
Coconut
Sun, Sand and Word Search

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E P W Y O G U R T U E V P V U
C E I F X H V C E K B Q N O Q
Z J V N A U M A H A L O U L C
I F W A E L W F K Q N Y D C V
W F O A W A T V U U D U A A Q
U P A F N I P A D A T Q T N B
L W H V G A U P K N U U N O W
U M U Q H L N I L E A I Q T T
L L G O N F U A L E A L R X U
O O L P I A Q E B N M O S M N
N A I R M B L S A C P L O I O
O J L Q E U M L U I W D B C C
H C Y A K I I O C R J B C Y O
T W C U D Z E A V H F S Q N C
V H X V U H L I S V M A H A J

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Navigate through this sunshine labyrinth to get to the delicious breakfast in the center!
LINGO LUAU CHALLENGE

1. Rip
2. Kook
3. Stoked
4. Wipeout
5. Duck Dive
6. Lineup
7. Break
8. Wetsuit
9. Hang Ten
10. Carve

MAZE

SUN, SAND AND WORD SEARCH