



**WHOLE  
KIDS**  
FOUNDATION

Supporting Schools • Inspiring Families •  
Nourishing Kids

# LUNCHTIME COMICS!



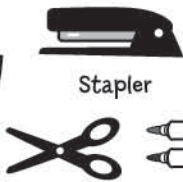
## What You'll Need:



Cereal Box



5-6 Sheets of  
Blank Paper

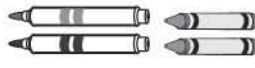


Stapler

Scissors



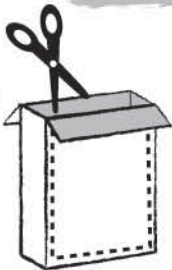
Pencil



Markers or Crayons



1



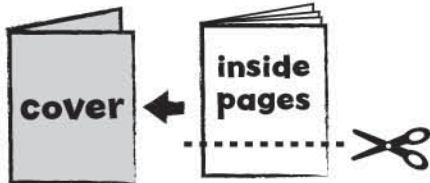
Carefully use scissors to cut off the front side of a cereal box (Save the rest of the box for another comic.)

2



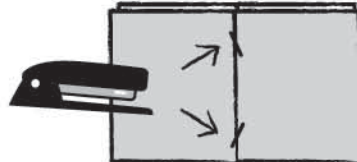
Fold cardboard piece in half. Make sure the cereal box pictures are on the inside. Trim the cardboard to the size you want your comic to be.

3



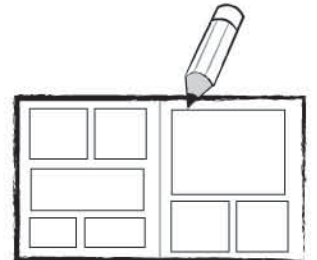
Stack 5-6 sheets of paper neatly and fold the stack in half. (The more paper you use the longer your comic will be.)

4



Slide your stack inside the cover. Flip over and **ask an adult** to help you staple your pages inside your cover.

5



Draw boxes on each page, just a like a real comic book, to create areas for drawing.

6

## Let the creativity begin!

Come up with a funny or serious title for your story. Decorate the outside cover of your comic. Write your story and draw pictures on the inside.

Share your comics with your friends at lunch!

## STORY STARTERS

- Turn your favorite fruit or veggie into a super hero.
- Save the day or solve a mystery at your school.
- Take characters on an adventure in the lunchroom or on the playground.
- Include your classmates as heroes in the story.

[www.WholeKidsFoundation.org](http://www.WholeKidsFoundation.org)



[www.scrapKins.com](http://www.scrapKins.com)