



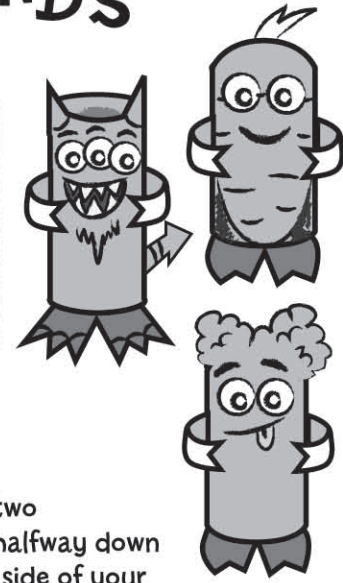
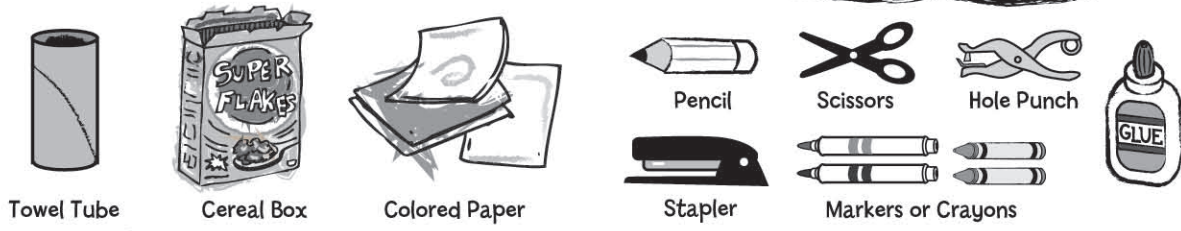
# WHOLE KIDS FOUNDATION

Supporting Schools. Inspiring Families. Nourishing Kids.

# TUBE MONSTERS & Veggie FRIENDS



## What You'll Need:



**1** Flatten tube. Cut a ring from the top of the TUBE about the width of your thumb.

**2** Cut open your ring to form **ARMS**.  
 Cut out a triangle at each end of **ARMS** to form **CLAWS** or make little snips for **FINGERS**.

**3** Cut two slits halfway down each side of your tube for the **ARM** slot.

**4** Cut out a small section from the top of your tube to round it off or make **HORNS**.  
OR

**5** Design and color your Tube.

**6** Use a hole punch to make a hole for **EYES**.

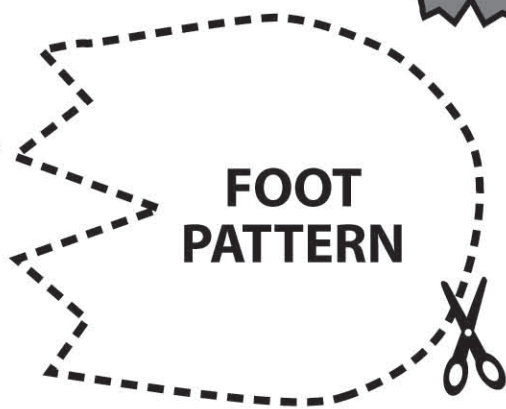
**7** Slide **ARMS** into slots on side of tube.

Cut out a small section from the top of your tube to round it off or make **HORNS**.

**8** Unfold and flatten cereal box. Cut out and trace **FOOT PATTERN**. Cut out the **FEET**.

**9** Put glue on bottom edge of tube and stick on **FEET**.

**10** Use extra cardboard to add **WINGS, HAIR, BROCCOLI TOP, TAIL** or whatever you like. Be creative!



### Think About It!

- 1 What will you name your monster?
- 2 What is your monster's favorite veggie?
- 3 Can you name a veggie for each color of the rainbow?