

Activity 10: Hunger Monster Puppet

GRADES K-5

GPS

GSE Standard Alignment:
ELA, Health, Fine Art, Social Studies



20 - 30 min.



Can be paired with Activity 1 – Food and Life, Activity 2 – Defining Hunger, Food Insecurity and Poverty

Student Learning

Students will develop an understanding of the physical and emotional effects of hunger.

Objectives

Students will identify physical feelings associated with hunger and describe emotions connected to hunger and not having enough food.

Materials

- Paper lunch bags
- Construction paper
- Markers, crayons, or colored pencils
- Glue sticks/tape
- Scissors
- Optional: craft supplies (stickers, pipe cleaners)
- Teacher example of a puppet

Performance Tasks

Part One

Introduce and explain what hunger is:

- Hunger is the physical sensation of not having enough food.

- Hunger is universal – it affects everyone.
- Hunger impacts both the body and emotions.
- Hunger is also personal – it can affect people in different ways, including how they feel, act, and think.
- Hunger is invisible – We can't look at a person and tell if they are hungry.

Explain that they are making a Hunger Monster that represents the feelings and challenges hunger can cause.

Begin with a short discussion:

- What does your body feel like when you are hungry?
- How do you act when you have not eaten for a long time?
- How does hunger affect your emotions?

Show a sample puppet and explain why you chose the features and shapes on the model puppet. Model choosing colors, creating facial expressions, explaining design choices.

Ex:

"My Hunger Monster has angry eyes and sharp teeth because I get grumpy/hangry when I am hungry. I added some sharp lines

to the stomach because it hurts when I'm hungry. I used blue because sometimes I feel sad when I am hungry."

Emphasize that everyone experiences hunger differently, so each student's puppet may look different.

Part Two

Pass out materials to students. Encourage students to add facial expressions, use colors and shapes to show emotions, and decorate the monster to reflect personality and feelings.

Allow students to work independently for 10–15 minutes. The facilitator may circulate and help students by asking supporting questions to encourage them to think about how hunger affects them.

Part Three

Students may share their puppets with partners, small groups, or the class.

Discussion Questions:

- What does your Hunger Monster look like?
- How does your monster feel?
- What happens when people are hungry?
- What can help someone who is hungry?
- How can hunger affect learning or school performance?
- Why might some families struggle to get enough food?
- What community responses support families facing hunger?

Extension Ideas

Short Story

Have students write a short story about their Hunger Monster.

Prompts:

- Where does your monster live?

- What makes your monster feel hungry?
- How does your monster act when it is hungry?
- What makes your monster disappear?

Research and Explore

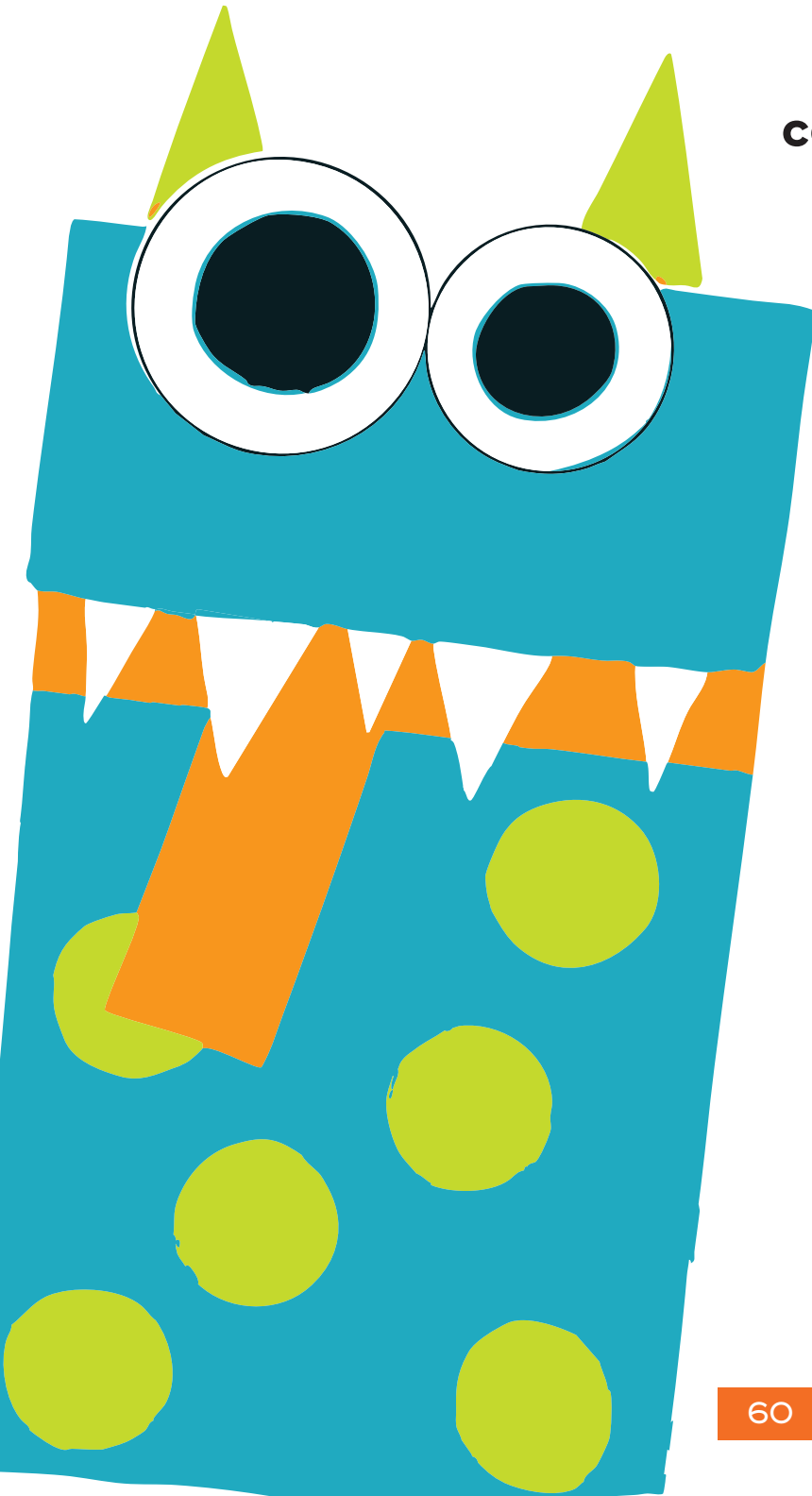
Have students research hunger and food insecurity statistics in their community.

Have students identify community resources and government responses to hunger. Students can brainstorm food banks, schools, community kitchens, farmers, grocery stores, and neighbors as answers to "Who helps people when they are hungry?"

Information sources:

- National anti-hunger policy issues:
 - www.feedingamerica.org/advocate
 - www.frac.org
- Responses to hunger
 - www.211online.unitedwayatlanta.org
 - www.acfb.org/get-help/food-map/
 - www.feedingamerica.org/find-your-local-foodbank
- Hunger and food insecurity information
 - www.feedingamerica.org/hunger-in-america

Make Your Own HUNGER MONSTER



**Hunger is a monster
can strike anyone big or
small, young or old.**

**How does HUNGER make
your body feel?**

Find supplies or make
shapes that represent
how you feel when the
Hunger Monster strikes!

**How does HUNGER affect
your emotions?**

Using markers and
stickers give your monster
a facial expression.

**Decorate your monster
to reflect your
personality!**