



TEAL T-SHIRTS

Have T-Shirts (preferably Teal or a white T-Shirt with teal fabric markers) for your students. Hand them out and allow students to use fabric markers to write facts and information they learned about food allergies. Give examples on a whiteboard or interactive whiteboard of possible facts they can write on their shirts. Have all of them include somewhere on their shirts: "I Wear Teal for

Food Allergy Awareness."

Ideas of phrases to write:

Food allergies can be mild or severe.

Food allergy bullying is dangerous.

About 32 million people in America have possibly life-threatening food allergies.

1 in 13 kids have food allergies.

You can't catch food allergies!

Kids with food allergies are just like me, but go through a few extra challenges!

Food allergies are serious.

We should include our friends with food allergies.

Empathy is learning to walk in someone else's shoes!

Peanuts are not the most dangerous allergy!

A teal ribbon is a symbol of food allergy awareness.

It's okay to have food allergies!

Vocabulary Definitions are also an idea of what students can write.

To get T-Shirts filled up, you can even make it a friendly competition to see who can fill up their shirt the most! Have students write at least 3 facts on their shirts.