

# Quiet On Set

Created By  
Noelle N.

## Shhhhh!

### Action 1

**Cooking new  
safe food**

### Action 2

**Reading  
ingredients**

### Action 3

**Stopping food  
allergy  
bullying**

### Action 4

**Ordering at a  
fast food place**

### Action 5

**Asking about  
food allergies  
at a  
restaurant**

### Action 6

**Saying "No  
thank you"**

### Action 7

**Telling a friend  
about food  
allergies**

### Action 8

**Shopping for  
safe food**

### Action 9

**Testing for  
food allergies**

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## Action 10

**Getting a new  
medical  
bracelet**

## Action 11

**Telling a  
teacher about  
food allergies**

## Action 12

**Inviting a friend  
with food  
allergies to a  
party**

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## Action 1

### Cooking new safe food

There can be multiple students cooking. They could be using an oven, the stove, stirring, cutting, mixing, etc.

2-3 Words: Smells good! Almost done! It is dairy-free. It is nut free.

Sentence: Don't forget to put water instead of milk!

## Action 2

### Reading ingredients

Students could be in the grocery store, at a birthday party, at a playdate, etc. and they are reading the ingredients like they did in the Ingredients Game from day 2.

2-3 Words: Contains, May Contain, Dairy, Nuts, Soy, Can't Have

## Action 3

### Stopping food allergy bullying

One student should be the bully, another can be the kid with food allergies, the last student can be the friend. Make sure to "say" stop and get away to get a teacher. (If this is a group of 4 one student can be the teacher)

2-3 Words: Stop, Get the teacher, No, Don't bully, Be kind

## Action 4

### Ordering at a fast food place

One student could be a fast food worker and another few could be customers. Have students decide to either go through the drive-through or go inside.

2-3 words: No nuts, No dairy, Allergies, etc.

Sentence: Does the bread contain dairy?

## Action 5

### Asking about food allergies at a restaurant

Students could sit down and pretend to talk to a waiter. One student could be a waiter, another a chef, and the rest could be patrons.

2-3 Words: Allergic to, Cross-Contact, Speak with chef

## Action 6

### Saying "No thank you"

Students could be at a sleepover, at a birthday party, at school, or wherever they choose. One could be the child with food allergies and the other students can be parents, teachers, friends, etc.

2-3 Words: No thank you, I have allergies.

## Action 7

### Telling a friend about food allergies

One student could play the friend while another is the child with food allergies. Remind students that maybe they show their friend their EpiPen or medical alert jewelry.

2-3 words: I have food allergies. I wear this. I carry EpiPens.

## Action 8

### Shopping for safe food

Students could pretend to be in a grocery store. They could be friends, siblings, parent and child, etc.

2-3 Words: No nuts, No eggs, Ise 5, Dairy-free cookies, My favorite!

Sentence: These snacks are egg free!

## Action 9

### Testing for food allergies

One student could pretend to be the doctor or nurse and another could be the patient. One student could also play the parent.

2-3 Words: Good job! Allergic to, Not allergic to, Almost done, etc.

Sentence: You are allergic to shellfish and peanuts.

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## Action 10

### Getting a new medical bracelet

One student can be a friend or parent and the other could be the person getting the medical bracelet. Students could pretend to receive the bracelet in the mail, show it to their friend, etc.

2-3 Words: So pretty! Just in case!

Sentence: I love the color!

## Action 11

### Telling a teacher about food allergies

One student could be the teacher and the other the student. Remind students that maybe they rose their hands or went up to the teacher during class.

2-3 Words: I'm allergic, I have EpiPens, I have food.

Sentence: May I get my own safe snack because of my food allergies?

## Action 12

### Inviting a friend with food allergies to a party

One student could be the friend and another the child with food allergies.

2-3 Words: You can come! I can't wait. I have EpiPens. Gluten-Free Pizza. I'll bring cake.