



RecipeCards

A Project of the Jeffco Student Health Advisory Council

Lunch Switch Up

A school wide activity to get to know your peers better.

Time
One lunch block

Group Size
School wide

Materials
None

INSTRUCTIONS

1. Challenge yourself to find a new table to sit at for lunch, with new people. Get to know your peers that you may not talk to everyday.

DISCUSSION QUESTIONS

What did you learn about someone new that you didn't expect?
Will you sit with them again?