



the quest for
SCHOOL BREAKFAST

NATIONAL SCHOOL BREAKFAST WEEK 2026

activity
GUIDE



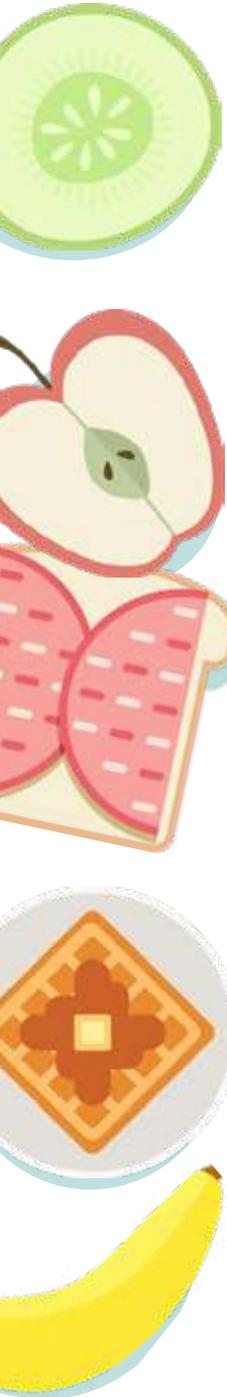
SCROLL OF SECRETS WORD SEARCH

Search through the puzzle to find and circle each word hidden within the grid. Once you've found all the words, you've collected your tools for the adventure ahead!

P	I	R	N	Q	K	O	C	P	J	H	G	C	R	I
N	M	N	C	S	H	I	U	A	V	N	X	C	B	T
N	E	B	R	C	Y	M	N	N	S	C	D	S	P	J
A	Y	T	H	L	T	I	X	G	G	T	T	B	M	L
P	Z	Y	B	R	Q	L	D	K	B	P	L	D	D	T
P	I	E	G	G	S	K	H	O	L	L	X	E	Z	X
L	F	E	P	R	I	N	C	E	S	S	N	K	Q	W
E	W	A	Y	B	B	X	M	V	U	Q	T	J	P	A
D	X	X	Y	W	Z	U	O	X	I	O	Q	Z	O	F
T	O	A	S	T	B	P	G	R	X	V	Q	A	T	F
Y	A	H	G	N	G	E	N	Y	A	E	M	P	A	L
D	R	A	G	O	N	S	Q	B	O	N	U	H	T	E
L	C	R	L	U	C	G	J	F	Z	S	G	N	O	S
X	D	U	I	G	W	F	C	K	B	Q	D	E	E	W
V	C	J	K	C	H	A	M	P	I	O	N	V	S	T

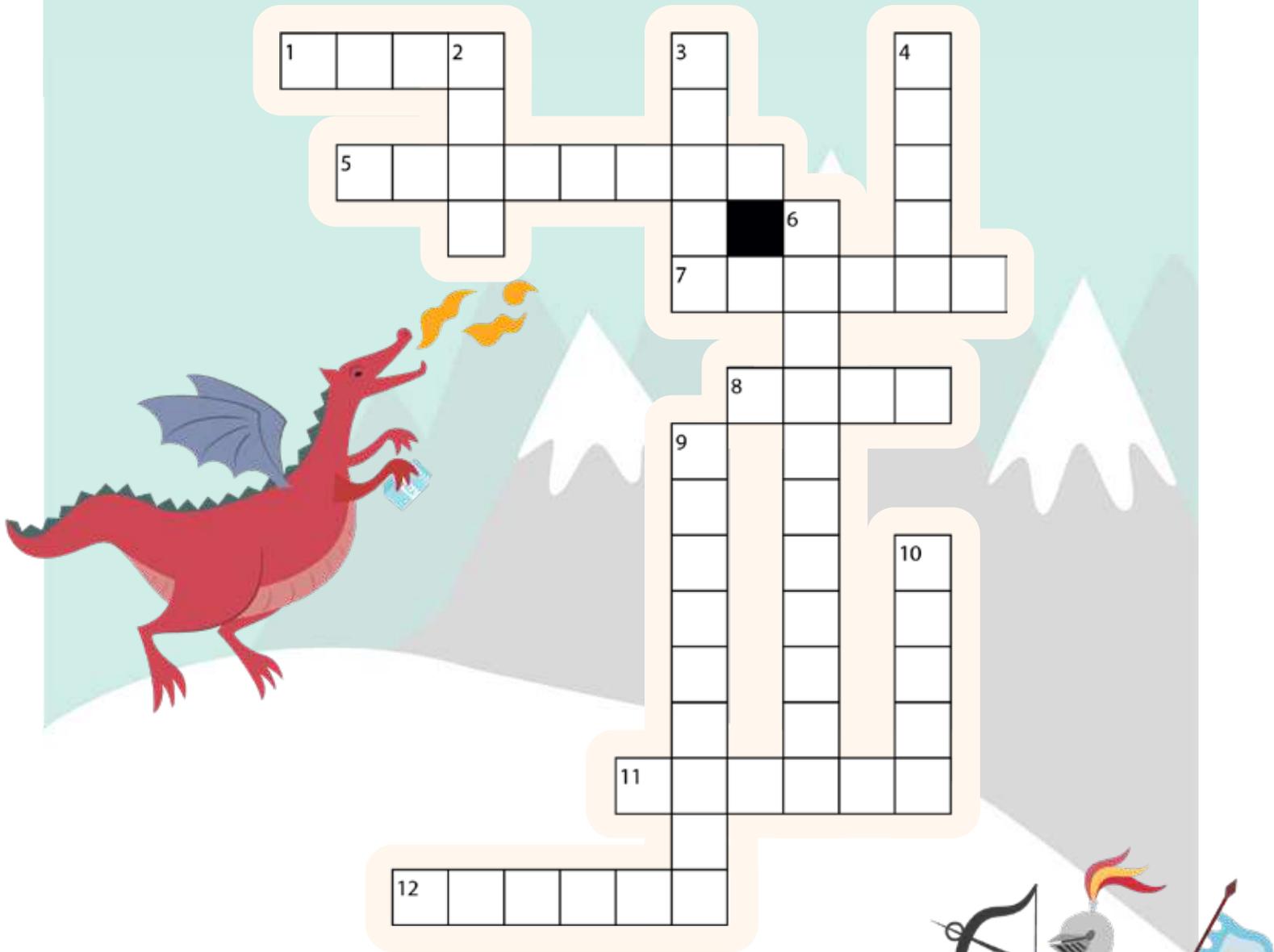
WORD BANK

- | | | | |
|----------|----------|----------|------|
| Princess | Champion | Waffles | King |
| Dragon | Castle | Orange | Eggs |
| Apple | Toast | Potatoes | Milk |



KNIGHT'S BREAKFAST RIDDLE CROSSWORD

Solve the clues to reveal the foods and fuel every hero needs to succeed.



ACROSS

DOWN

1. Drink that helps knights grow strong
5. Fluffy breakfast favorite topped with syrup
7. A royal chair
8. A breakfast food that comes from hens
11. A princess might live here
12. Brave fantasy hero who rescues people

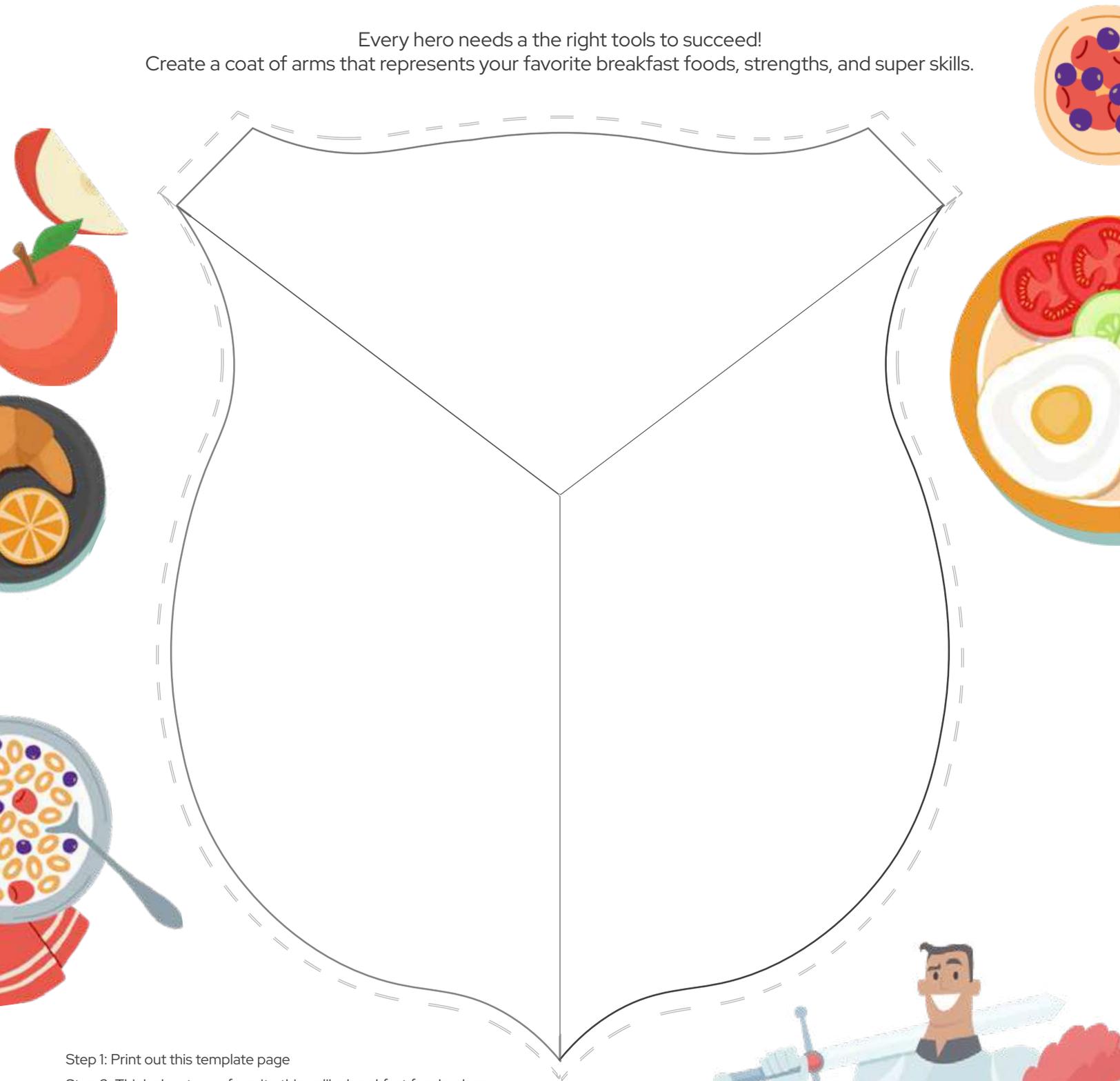
2. Ruler of a castle
3. A royal mission or adventure
4. Something you eat cereal with
6. Spiky, colorful fruit with a mythical name
9. Early-morning meal
10. Sweet drink often served at breakfast



BUILD YOUR HERO BREAKFAST SHIELD

MAKE YOUR OWN COAT OF ARMS

Every hero needs a the right tools to succeed!
Create a coat of arms that represents your favorite breakfast foods, strengths, and super skills.



Step 1: Print out this template page

Step 2: Think about your favorite things like breakfast foods, classes, hobbies, pets, or objects that make you feel like a brave knight

Step 3: Design your custom Coat of Arms with crayons, markers, stickers and more

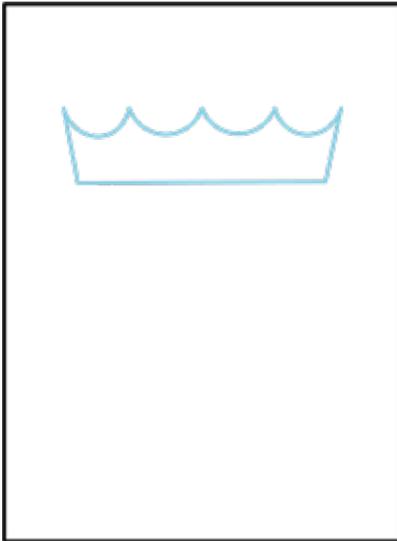
Step 4: Share your awesome new design with your friends and family!



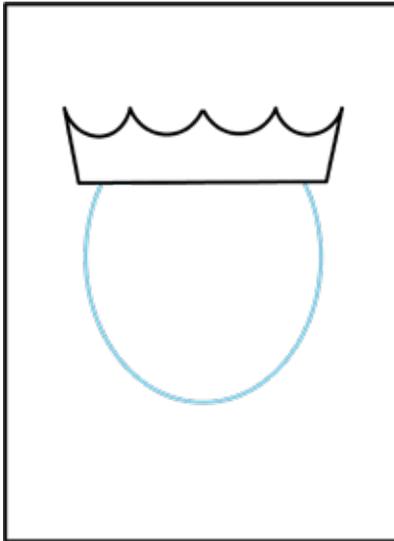
portrait of a breakfast hero

DRAW YOUR OWN ROYAL PORTRAIT

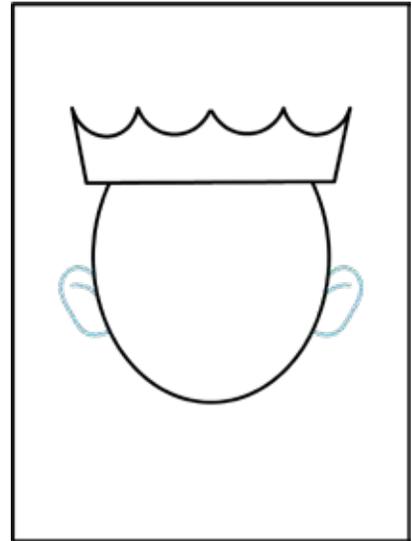
Follow this guide to draw yourself as royalty, ready to take on the day fueled by a healthy breakfast!



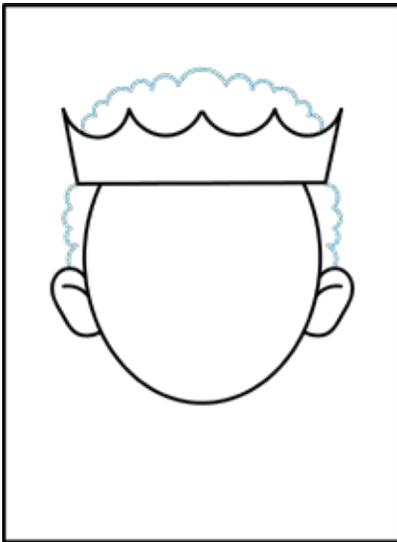
1. Draw your crown



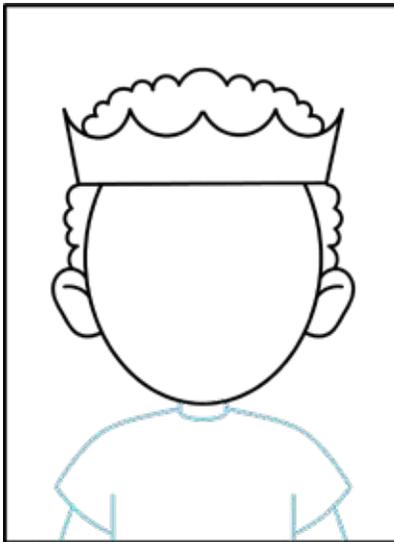
2. Make a head shape



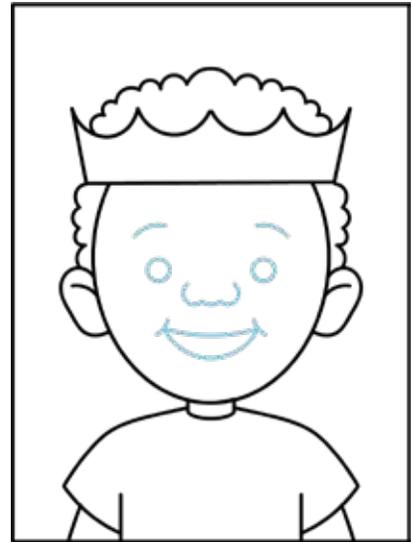
3. Add the ears



4. Add some hair



5. Draw the neck & shoulders



6. Make your face!

Don't forget to color in your drawing, or add extra details to make this portrait your own.

Share your portrait online and tag #NSBW26





help the princess get to the castle!

Help the princess navigate the maze to the Breakfast Kingdom castle before breakfast.



MAGIC KINGDOM EGG-CELLENT BREAKFAST SEARCH



All of the kingdom's eggs are hidden! Can you find all 10 before the breakfast begins?



