



# BE A REAL STAR!

## CHANCE TO WIN \$5,000 AND AN ICE CREAM PARTY FOR YOUR SCHOOL!

Teachers and parents at California schools can enter the **Be a Real Star Sweepstakes** by submitting photos of students in grades 2-12 (with you, too!) wearing milk moo-staches (real or paper) for the chance to win \$5,000 and everything needed for an ice cream party for your school. Two winning schools will be chosen: one school with students in Grades 2-5 and one school with students in Grades 6-12. Multiple entries permitted – just be sure each photo submitted is unique. For more details, official rules, and to enter, visit [ymiclassroom.com/realstar-sweepstakes](http://ymiclassroom.com/realstar-sweepstakes). **Deadline: April 7, 2026.**

Share the fun with your students using the handout at [ymiclassroom.com/realstar](http://ymiclassroom.com/realstar), and try the Milk MOO-stache online photo booth to create your own photos! (Not required.)

### TARGET AUDIENCE

Grades 2-5

### PROGRAM COMPONENTS

- This teacher’s guide
- Four reproducible student activities
- A classroom poster
- A reply card for your comments

Additional resources available at [ymiclassroom.com/realstar](http://ymiclassroom.com/realstar):

- Sweepstakes entry details and handout
- Bonus activities for grades 2-5
- A program for grades 6-12
- A reproducible family letter in English and Spanish
- An online photo booth
- An education standards chart
- A feedback form

### CONCEPTS AND SKILLS

<ul style="list-style-type: none"> <li>• California history</li> <li>• Dairy nutrition</li> <li>• STEM careers</li> <li>• Community</li> </ul>	<ul style="list-style-type: none"> <li>• Creative writing</li> <li>• Self-reflection</li> <li>• Self-expression</li> <li>• Communication</li> </ul>
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### HOW TO USE THE PROGRAM

Make photocopies of the activity sheets for each student before displaying the poster. Help younger children by reading each activity aloud. In addition, download the bonus activities at the link above as well as the family letter to share with parents and caregivers.

### Dear Educator,

To mark the 30<sup>th</sup> anniversary of the iconic milk mustache, the *got milk?* photo booth traveled throughout California to photograph the faces of *real stars* — the everyday people who represent the pride, culture, and community of our state.

This cross-curricular program, created by *got milk?* and the curriculum specialists at Young Minds Inspired, brings students on a tour to explore California’s iconic places and celebrate real people, while inviting them to reflect on what makes them proud of themselves and those they admire.

Be sure to check out the Milk MOO-stache online photo booth and the Be a Real Star Sweepstakes for the chance to win great prizes for your school. See below for more information!

We hope that you enjoy this program and will **share** it with other teachers.

Visit [ymiclassroom.com/feedback-realstar](http://ymiclassroom.com/feedback-realstar) to let us know your thoughts on this program. We look forward to receiving your comments.

Sincerely,



Dr. Dominic Kinsley  
Editor in Chief  
Young Minds Inspired



Questions? Contact YMI toll-free at 1-800-859-8005 or email [feedback@ymiclassroom.com](mailto:feedback@ymiclassroom.com).



## GETTING STARTED

Introduce the activities by sharing the poster and explaining that 30 years ago, *got milk?* photographed famous people with milk mustaches. To celebrate this anniversary, *got milk?* traveled the state with a special photo booth inviting real Californians to star in their own milk mustache moments. Tell students they are going to take an imaginary journey to celebrate the people and places that make California so special and to learn more about the powerful nutrition of dairy milk.

Review the poster message with students. Invite them to share what they think each trait featured on the poster means and to add their own traits.

### ACTIVITY 1: I'M A STAR!

Explain to students that at the first stop on their imaginary road trip they will explore what makes them special. Remind them that star traits are qualities that make them unique and enable them to shine in the community. Distribute the activity sheet and review the instructions. Have students complete the sheet and invite them to share their work with a partner or small group.

Next, lead a class discussion to explain that sometimes we don't always notice star qualities that others might observe about us. Provide examples such as: taking turns, not giving up, being creative, playing fair, being good at organizing, cheering people up when they are sad, etc.

Have students place their completed activity sheets and a blank sheet of paper at their desk. Then conduct a gallery walk having students use the blank papers to write or draw additional positive traits or actions they have observed in one another. Afterwards, lead a conversation about how this activity made them feel.

### ACTIVITY 2: MY STAR GOES TO...

Explain that the next stop on the imaginary tour focuses on everyday heroes and other people in the students' lives who they think are stars. Reinforce the idea that everyday heroes are people we know who help make our lives special.

Lead a discussion to help students identify everyday heroes in their world and how they contribute to their community. Have students think about their personal traits, occupations, and actions. They might identify traits such as kindness or bravery. For occupations, they could name jobs like farmers, firefighters, or medical workers. For actions, they might list things like volunteering at a food bank, participating in neighborhood events, or helping an elderly neighbor. Record student ideas on a whiteboard or chart paper.

Distribute the activity sheet and review the directions with students. After listing three stars in their lives, students will choose one person to write about. Review the Writer's Toolkit to support student writing. If possible, provide students with blank paper to draw a picture of their hero, or have them use the back of the sheet. Invite students to share their work.

### ACTIVITY 3: A NUTRITION STAR

Explain to students that the next stop on the tour focuses on dairy milk. Distribute the activity sheet and have students read the passage independently or read it together. Then have them complete the questions. Review the answers as a class.

**Answers:** 1. A nutrient is an ingredient found in foods we eat that helps us to grow, learn, and play. 2. Calcium makes bones and teeth stronger. 3. Protein and vitamin A help build muscles. 4. Calcium and protein both help with brain function. 5. Vitamin D helps build bones and immunity. 6. Answers will vary.

### ACTIVITY 4: REAL CALIFORNIA CAREERS

Tell students the next tour stop focuses on the people who help bring dairy milk from the farm to the table. Distribute the activity sheet and read about the featured California dairy jobs. Remind students that these jobs represent STEM careers because they incorporate science, technology, engineering, and math.

Have students refer to the checklist as they write letters to their future selves describing the dairy job they think they'd most like to have. Plan a time for students to share their work with each other.

### THERE'S MORE TO EXPLORE ONLINE!

Visit [ymiclassroom.com/realstar](http://ymiclassroom.com/realstar) for a family letter and the Milk MOO-stache online photo booth — where students can create fun photos with their very own milk mustaches!

### RESOURCES

[gotmilk.com](http://gotmilk.com)  
[ymiclassroom.com/realstar](http://ymiclassroom.com/realstar)



# I'M A STAR!

## PART 1

Shining like a star means showing your real self and all the wonderful things that make you special. Fill in the blanks below to tell what makes you shine like a star.

Name \_\_\_\_\_ Age \_\_\_\_\_

### I SHINE LIKE A STAR...

with my friends when I \_\_\_\_\_

with my family when I \_\_\_\_\_

at school when I \_\_\_\_\_

### FAVORITES

Activity \_\_\_\_\_

Animal \_\_\_\_\_

Place \_\_\_\_\_

## PART 2

Write five words that describe your star qualities. Then, on the back of this sheet, draw a picture of yourself as the star you are.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_



# MY STAR GOES TO...



**PART 1**

Everyday heroes are the stars who make our communities shine! Write the names of three people who are stars in your world.



**PART 2**

Use the Writer's Toolkit to help you write a paragraph about one of your stars. Then, on the back of this sheet or on separate paper, draw a picture of your hero.

## REAL STARS IN MY LIFE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## MY EVERYDAY HERO WRITER'S TOOLKIT

Paragraph Parts	Examples
<b>Topic Sentence</b> Introduce your hero by name and what they do	<ul style="list-style-type: none"> <li>• Let me tell you about...</li> <li>• Did you know...</li> <li>• I want to introduce you to...</li> </ul>
<b>Details</b> Tell why this person is your hero	<b>Describe:</b> <ul style="list-style-type: none"> <li>• Their special traits</li> <li>• How they inspire you</li> <li>• Why you appreciate them</li> </ul>
<b>Conclusion</b> Wrap up your paragraph	<ul style="list-style-type: none"> <li>• As you can see...</li> <li>• In conclusion...</li> <li>• All in all...</li> </ul>

## MY EVERYDAY HERO

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# A NUTRITION STAR



## PART 1

Without California dairy milk there would be no milk mustache. It's a real nutrition star! Read on to learn more.

Did you know that drinking milk from dairy cows every day can help your body grow and keep you healthy? Dairy milk is packed with important nutrients. Nutrients are ingredients found in the foods we eat. Our bodies need nutrients to help us grow, learn, and play.

One 8-ounce glass of milk has nutrients like calcium, protein, vitamin A, and vitamin D. Drinking just 2 to 3 glasses of milk every day helps make your bones and muscles strong. It even helps the cells in your brain stay healthy and work better. Drinking milk also helps protect you from getting sick!

Some words that describe milk's taste include: creamy, refreshing, silky, and smooth. Milk is also used to make other *dairy* products, like yogurt, cheese, and ice cream.

Milk has nutrients that can help you stay healthy and strong!



## PART 2

Answer these questions about what you read.

1. What is a nutrient? \_\_\_\_\_

\_\_\_\_\_

2. How does calcium help your body? \_\_\_\_\_

\_\_\_\_\_

3. Which milk nutrients help build strong muscles? \_\_\_\_\_

\_\_\_\_\_

4. Which milk nutrients help with brain function? \_\_\_\_\_

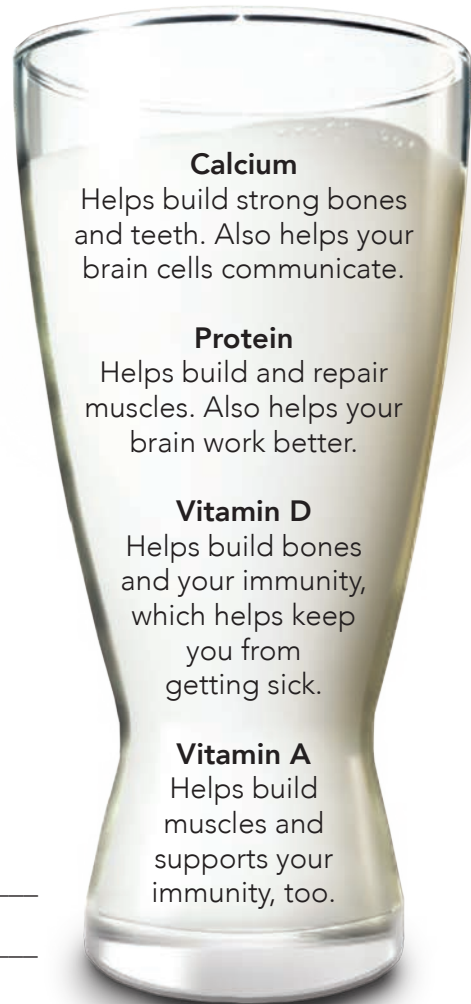
\_\_\_\_\_

5. How does vitamin D help your body? \_\_\_\_\_

\_\_\_\_\_

6. If you could describe milk's taste in just one word, what would it be and why? \_\_\_\_\_

\_\_\_\_\_



### Calcium

Helps build strong bones and teeth. Also helps your brain cells communicate.

### Protein

Helps build and repair muscles. Also helps your brain work better.

### Vitamin D

Helps build bones and your immunity, which helps keep you from getting sick.

### Vitamin A

Helps build muscles and supports your immunity, too.

# REAL CALIFORNIA CAREERS



## PART 1

California's dairy professionals work hard to bring you real, fresh, nutritious milk! Here are just a few of the dairy careers that bring milk from the farm to your table.

### DAIRY FARMER

- Keeps dairy cows comfortable, safe, and happy.
- Monitors cow health with technologies like wearable sensors and ear tags.
- Often grows and manages crops to feed dairy cows.



### NUTRITIONIST

- A chef for cows! Creates food mixes — like grains, vitamins, and minerals — to make sure cows get the nutrients they need.



### VETERINARIAN

- Specially trained in large animal science.
- Provides medical care to keep cows healthy.



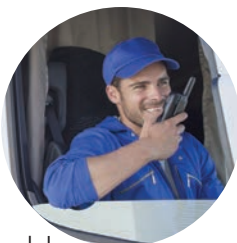
### MILKING TECHNICIAN

- Milks cows at least twice a day, often using robotic milking machines.
- Keeps milking machines clean and working properly.



### MILK TRUCK DRIVER

- Drives special insulated tanker trucks that keep the milk fresh and cold.
- Hauls thousands of gallons of fresh milk directly from the farm to the milk processing plant.



### MILK PROCESSOR

- Uses technology to process fresh California milk for drinking and for yogurt, cheese, ice cream, and other tasty dairy treats.
- Runs lab tests to make sure milk is fresh and nutritious.



## PART 2

Which *udderly* exciting California dairy job would you enjoy most? On the back of this sheet, write a letter to your future self about it! Use the checklist below to organize your ideas. Check off each one as you write about it.

### FUTURE ME LETTER CHECKLIST

- Name of California dairy job
- Something challenging about this job
- Something fun about this job
- Two skills or interests I have that are important for this job



# ICONIC MOMENTS FOR CALIFORNIA

Travel through time to learn more reasons to celebrate the iconic culture and community of California!

**Directions:** Read each event below. Then select the year it happened from the “date box” and write it on the line.

										Date Box										
1864	1873	1937	1962	1982	1984	1993	2001	2023	2025											

1. \_\_\_\_\_ Levi Strauss and Jacob Davis apply for a patent to make denim work clothes for gold miners. Their product became known as “blue jeans.”
2. \_\_\_\_\_ Val-Surf in North Hollywood, CA, sells the first skateboard.
3. \_\_\_\_\_ Barbie, the classic doll from the Mattel Corporation located in El Segundo, CA, becomes the star of her own Hollywood movie.
4. \_\_\_\_\_ Los Angeles becomes the only American city to host the Summer Olympics twice.
5. \_\_\_\_\_ Yosemite is the first state park established in California. Twenty-six years later, it becomes a national park.
6. \_\_\_\_\_ The Golden Gate Bridge connecting San Francisco to Marin County, CA, welcomes drivers for the first time.
7. \_\_\_\_\_ NASA astronaut Ellen Ochoa, from La Mesa, CA, becomes the first Hispanic woman in space.
8. \_\_\_\_\_ Apple® introduces a new music player that stores thousands of songs in your pocket!
9. \_\_\_\_\_ *Star Wars: Return of the Jedi* begins filming scenes in California’s coastal state redwood parks.
10. \_\_\_\_\_ The LA Dodgers win the World Series for the ninth time.



# SPECTACULAR SETTINGS

From mountains to deserts, from forests to coastlines, let's celebrate the real, diverse beauty of the Golden State!



## PART 1

Find two words from the word bank that describe each place below and write them on the lines.

### Word Bank

rocky	scorching	towering	salty	long
deep	dry	ancient	steep	coastal

1. Pacific Ocean \_\_\_\_\_
2. Mojave Desert \_\_\_\_\_
3. Sierra Nevada Mountains \_\_\_\_\_
4. Redwood Forests \_\_\_\_\_
5. Big Sur \_\_\_\_\_



## PART 2

Create an acrostic poem that celebrates the real California! Write a word that starts with each letter in the state's name that also describes the state.

C \_\_\_\_\_

A \_\_\_\_\_

L \_\_\_\_\_

I \_\_\_\_\_

F \_\_\_\_\_

O \_\_\_\_\_

R \_\_\_\_\_

N \_\_\_\_\_

I \_\_\_\_\_

A \_\_\_\_\_



# BE A REAL STAR!



## Dear Parents and Caregivers,

Thirty years ago, *got milk?* made history with a milk mustache. You might remember the photos of celebrities sharing their milk mustache pride and the power and nutrition of fresh milk.

To commemorate the anniversary, *got milk?* has partnered with the curriculum specialists at Young Minds Inspired to provide free educational materials to schools that celebrate real Californians, like your child, as well as our state's history, icons, culture, and dairy industry.

Here are some fun ways you can bring the California learning home!

**1. California Competition.** Host your own California family trivia game by sharing facts about the state and your own community.

**2. California Snack Attack!** Visit your local certified California Farmers Market with the family to shop for fresh, nutritious California fruits, vegetables, and other local products. Visit [gotmilk.com/recipes](http://gotmilk.com/recipes) for meal and snack ideas featuring fresh California milk!

**3. Golden State of Mind Movie Night.** Watch classic movies that star California as a setting. You might try *Clueless* (PG-13), *Troop Beverly Hills* (PG), *Stand and Deliver* (PG), and *Who Framed Roger Rabbit?* (PG), to name a few.

**4. Hit the Road!** Besides the many incredible state and national parks, don't forget about free California attractions like the State Capitol in Sacramento, the Cable Car Museum in San Francisco, or the Big Morongo Wildlife Preserve in the San Bernardino Mountains. [VisitCalifornia.com](http://VisitCalifornia.com) offers a list of more family-friendly free places to visit.

**5. Join the Milk Mustache celebration!** Visit [ymiclassroom.com/realstar](http://ymiclassroom.com/realstar) for a free and easy-to-use digital Milk MOO-stache online photo booth with a fun selection of milk mustaches and frames. Create and download your own iconic family milk moustache photos to celebrate the legendary power of real California milk as a keepsake!

## CHANCE TO WIN \$5,000 AND AN ICE CREAM PARTY FOR YOUR CHILD'S SCHOOL!

Teachers and parents at California schools can enter the **Be a Real Star Sweepstakes** by submitting photos of students in grades 2-12 (with you, too!) wearing milk moo-staches (real or paper) for the chance to win \$5,000 and everything needed for an ice cream party for your school. Two winning schools will be chosen: one school with students in Grades 2-5 and one school with students in Grades 6-12. Multiple entries permitted — just be sure each photo submitted is unique. For more details, official rules, and to enter, visit [ymiclassroom.com/realstar-sweepstakes](http://ymiclassroom.com/realstar-sweepstakes).

**Deadline: April 7, 2026.**



# BE A REAL STAR SWEEPSTAKES



## CALLING ALL EDUCATORS AND PARENTS!

Enter your students' or child's milk moo-stache photos for the chance to win **\$5,000 and an Ice Cream Party for your school!**

### Who can enter:

Teachers, parents, and guardians of students in Grades 2-12.

### How to enter:

- 1. Snap a picture!** Take a photo of your student(s) or child wearing a milk moo-stache (real or paper). Photos can feature an individual child, group of kids, or kids and grown-ups all wearing milk moo-staches. (You can also use the online photo booth at [ymiclassroom.com/realstar](https://ymiclassroom.com/realstar) to create your photos!)\* Pro Tip: Creating your own milk mustache? Try using sour cream with a splash of milk and apply with a cotton swab.
- 2. Go to [ymiclassroom.com/realstar-sweepstakes](https://ymiclassroom.com/realstar-sweepstakes).** Upload up to 10 different photos. Each photo counts as one entry.
- 3. Complete the entry form.** Provide your name and email address, along with the school's name, address, phone number, and grades.
- 4. Click submit.**
- 5. Enter as many times as you want!** You must make every milk moo-stache photo unique. Duplicate photos not accepted.

### Deadline:

April 7, 2026 (11:59 pm ET)

### Prizes:

Two schools – one with students in Grades 2-5 and one with students in Grades 6-12 – will each win:

- A \$5,000 donation to the school.
- Everything needed for an Ice Cream Party at the school for up to 300 students and faculty members. Supplies will include ice cream, toppings (whipped cream, cherries, hot fudge, sprinkles, etc.), and utensils (scoops, cups or bowls, spoons, napkins), along with decorations and instamatic cameras to capture the moment.

### Spread the Word!

Share this handout with your administration, colleagues, and families and encourage them to enter their own milk moo-stache photos to try to win these fun prizes for your school!

For Official Rules, go to [ymiclassroom.com/realstar-sweepstakes](https://ymiclassroom.com/realstar-sweepstakes).

\*Follow your school's rules about submitting photos of students.

NO PURCHASE NECESSARY. Void where prohibited. The Be a Real Star Sweepstakes ("Sweepstakes") is open to California public, private, and parochial schools with students in any grade from Grade 2 through 12. Only a parent, legal guardian, or teacher may submit entries on behalf of students and schools ("Entrant"). Entrants must be permanent, legal United States ("U.S.") residents who are physically residing in California, who are twenty-one (21) years of age or older as of the start of the Sweepstakes Period. To enter the Sweepstakes, entrant must submit a photo of one or more students in Grades 2-5 or Grades 6-12, who may pose with a parent, caregiver, and/or teacher, and who are each wearing a milk mustache. Two Winning Schools (one with students in Grades 2-5 and one with students in Grades 6-12) will each receive a \$5,000 donation and everything needed for a School Ice Cream Party. (Total ERV of prize per school: \$10,000.) Entry Period: 12:01 a.m. ET on February 16, 2026, to April 7, 2026 at 11:59 p.m. ET. See complete Official Rules at [ymiclassroom.com/realstar-sweepstakes](https://ymiclassroom.com/realstar-sweepstakes).



# BE A REAL STAR!



LET YOUR  
STAR LIGHT  
SHINE BRIGHT!

BE YOU.  
BE REAL.  
BE...

FUNNY

ADVENTUROUS

AUTHENTIC

KIND

CREATIVE

THOUGHTFUL

PASSIONATE

FRIENDLY

HELPFUL



got milk?

WHAT OTHER WORDS DESCRIBE THE REAL YOU?