

# Cup 'n' Run

*Activity*

**Resource:** Ideas for Action

**Grade(s):** 1 2 3 4 5 6 7 8 9 10 11 12

## What Is it All About?

Create a growth and development-related message (for example, consent, positive body image, diversity, healthy relationships, and self-esteem) by inserting paper cups in a chain-link fence to spell words.

## Why Do It?

Cup messages can get the public's attention from far away.

## How Do We Do It?

Work with the school or community to get permission to use a fence.

Address how you will deal with any environmental issues, such as littering (consider using compostable or recyclable cups).

Choose a fence; make sure cups fit the spaces.

Decide on a message and how many cups you need. Simple, clear, and concise messages work best.

When all cups have been inserted, highlight the message by spray painting the inside of the cups.

Take a picture.

Compost or recycle all of the cups.

For more examples, use the key words “cup in fence art,” “chain-link fence art,” and “chain-link fence cups” to search online for images and videos of a variety of chain-link fence art.

## What Else Do We Need?

Papers, pens/pencils, paper cups

## How Do We Get Creative?

Invite the media to the event, or send a picture to the local newspaper.

Combine this activity with another activity from this guide.

Adapted from exposé: A smoke-free youth initiative by Ottawa Public Health and Flavour Gone: A smoke-free youth initiative by the North West Tobacco Control Area Network (now part of Freeze the Industry).