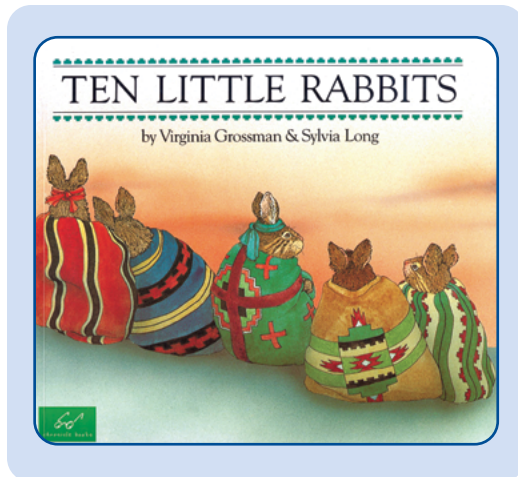


Ten Little Rabbits



About the book:

Ten Little Rabbits

by Virginia Grossman & Sylvia Long

Publisher: Chronicle Books LLC

ISBN#: 0-8118-1057-7

Nutrition Objectives

- Identify foods that contribute to good health.

Physical Education Objectives

- Perform balance and coordination exercises.

Activities

- Nutrition Activity #1: Finding 10
- Nutrition Activity #2: Colorful Blanket
- Physical Activity #1: Hopscotch
- Physical Activity #2: Blanket Toss
- Oceti Sakowin: Cherry Stones Game

Lesson Handouts

- Finding 10
- Colorful Blanket
- Cherry Stones Game

Parent Newsletter

- Children & Sleep

Oceti Sakowin Understanding

Explain the values learned through stories. Identify the relationship between people, places and the environment. Identify a product produced in a Tribal community.

Intent of Lesson

Children will learn about a variety of traditional Native American activities while practicing counting to 10.

Previewing (5 minutes)

Q: Do you know of any stories with bunnies in them?

A: Most likely, yes. Peter Rabbit, Bugs Bunny, Breer Rabbit, etc.

Q: Do you know why bunnies show up in many stories for kids your age?

A: They are cute with bright eyes and big ears. They are active, friendly, and gentle.

Q: Can you count to 10?

A: Varies.

Active Reading (10 minutes)

"As I read the story, let's count to 10. Listen for the 10 things that the bunnies do." Read *Ten Little Rabbits* by Virginia Grossman & Sylvia Long.

Summarizing (5 minutes) After reading the story ask the students

Q: What things did the rabbits do? (Show pages to help with recall if needed.)

A: Traveled, danced, sent messages, tracked, told stories, ran, played games, fished, drummed, and slept. Add pictures of each activity to a wall or poster board.

Q: Do you do any of these? Which ones?

A: Answers will vary. Point to pictures as children tell experiences.

Q: Which of these is about moving your body?

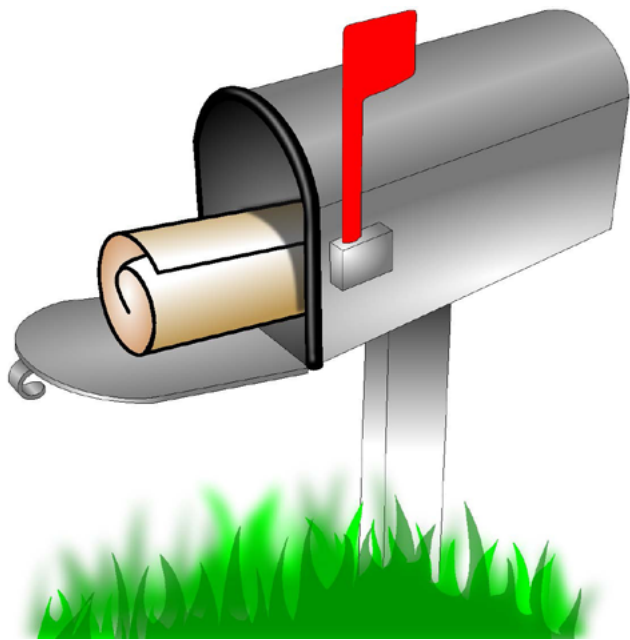
A: All but sleeping. Point to pictures as you review.

Q: Which are about food?

A: Dancing for rain for crops, tracking game to hunt, fishing for salmon to eat, drums at big celebrations, berries in the field where they played games

Q: Do you think these rabbits live a healthy life?

A: Yes, they are active, eat good food, and get rest.









15 minutes

Connection:

Fruits and vegetables are easy and interesting to practice counting. Children can think about favorite fruits and vegetables and what new ones they can taste.

Equipment:

- Finding 10 Handout
- Finding 10 Coloring Page
- Crayons and Markers

Math Connection:

- K – Know the number names and the count sequence. Count to tell the number of objects.
- Grade 1 – Solve addition and subtraction problems.

Finding 10

Directions:

Hand out the Finding 10 Activity Sheet and depending on the skill of the children, instruct in the following steps:

- Count the number of each of the healthy vegetables.
- Write the numbers in the box.
- Read them in order from 1 to 10.
- Draw a circle around your favorite vegetable.
- Draw an X over one you have not tasted but think you could.
- Check for correct answers. Discuss any problems.
- Discuss the favorite vegetables and the ones they intend to taste. List on a flip chart or whiteboard and refer to them in the next week as a reminder to eat old favorites and to try new tastes.
- Color the foods in the coloring page if you have time.
- **Optional:** Instruct children to solve addition or subtraction problems using the vegetable numbers, such as, "Add the number of peppers to the number of ears of corn."

Finding 10

Count the number of each vegetable. Write the number in the box. Read them in order from 1-10. Circle your favorite vegetable. X over one you have not tasted but think that you would like to.



















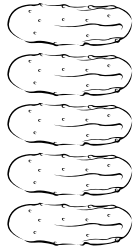
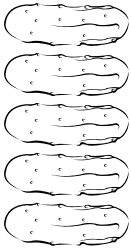


Counting 10 Coloring Page

Count the number of each vegetable. Write the number in the box. Read them in order from 1 to 10. Color the vegetables the way they look in the garden or store.









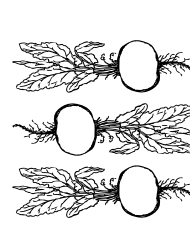
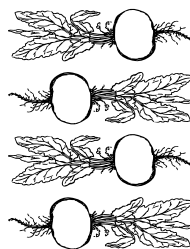


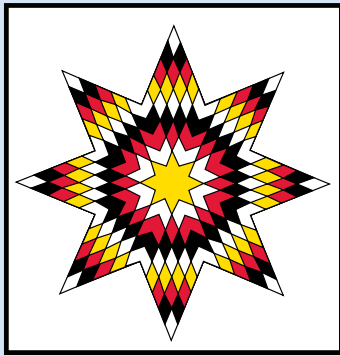












20 minutes

Connection:

Children will more closely examine the blanket patterns for interesting designs that appeal to them. They will add their choice of a healthy food message to the blanket design.

Equipment:

- Colorful Blankets coloring page
- Beading Design Worksheet
- Crayons and Markers
- Tape or pins

Colorful Blankets

Directions:

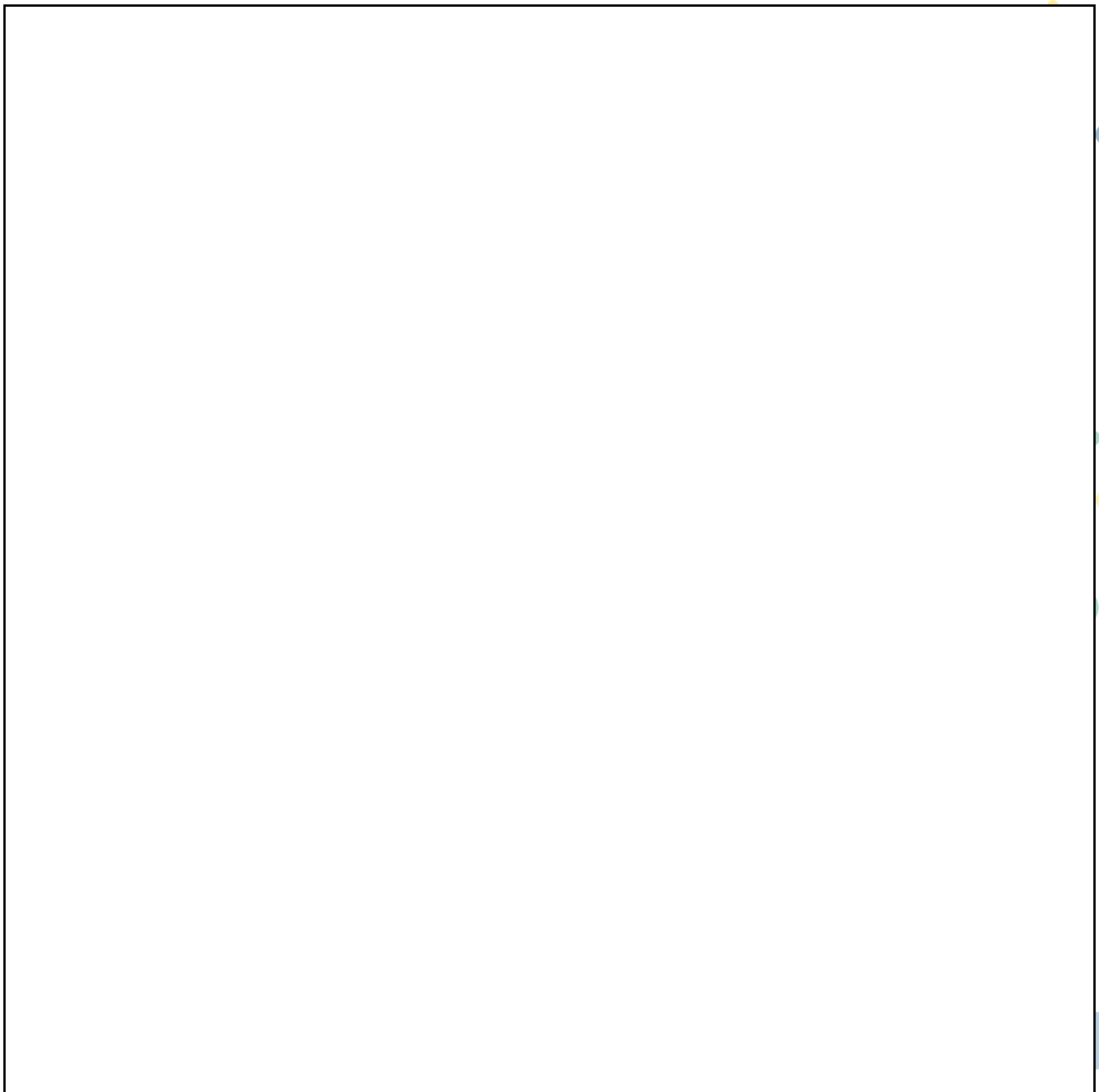
- The rabbits are wearing colorful blankets that show the patterns from many different Native People. Each Nation has its own way of making their designs.
- Discuss commonalities and differences among the blanket patterns. Show examples from the pages in the book so all can see. Project if possible.
- Lakota, Dakota, and Nakota designs are geometric and depict stars, tipis, and animals such as birds, turtles, and dragonflies. Show the design poster.
- Instruct the children to “Find a blanket pattern that you like from the pictures in the book. On your coloring page draw this pattern on the edges of the blanket. Add a beading design from the poster if you want. In the middle of the blanket, draw your favorite healthy food. Color your picture.”
- Have children share their favorite healthy food and post everyone’s pictures in a row on the wall. Count how many drawings are posted.

Colorful Blankets

Draw a blanket pattern on the edge of the blankets. Add a beading design.

Draw a favorite healthy food in the center of the blanket.

Color the blanket.



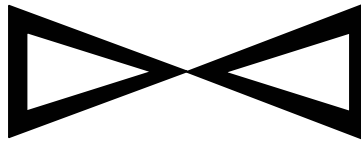
Beading Designs Worksheet Key

horse tracks tipi hourglass turtle trails lightning dragonfly bird

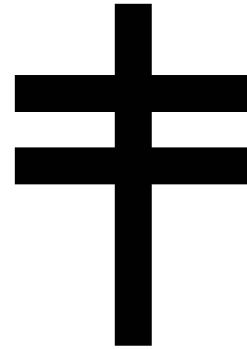
Write the name of the design from the list above on the line below that design.



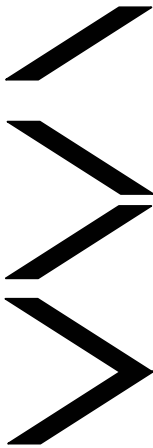
1. TRAILS



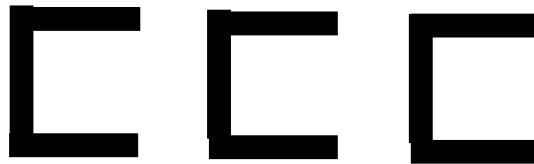
2. HOURGLASS



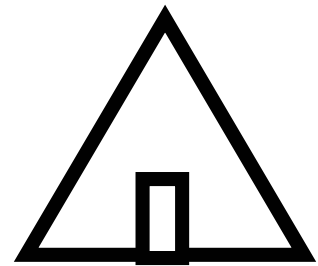
3. DRAGONFLY



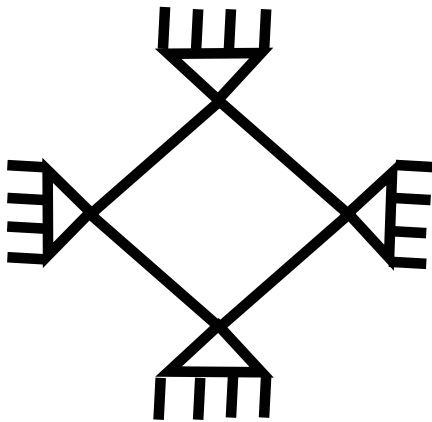
4. LIGHTNING



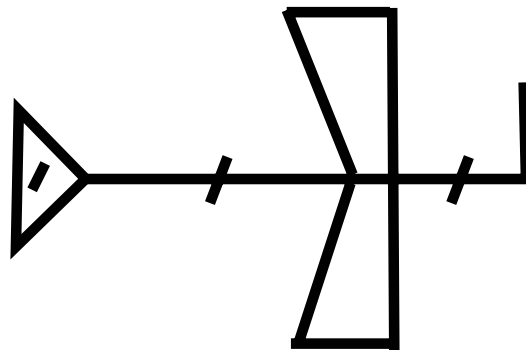
5. HORSE TRACKS



6. TIPI



7. TURTLE



8. BIRD



20 minutes

Connection:

Children will practice counting to 10 by hopping through a hopscotch pattern. Just like the Ten Little Rabbits they will practice balance and locomotor skills.

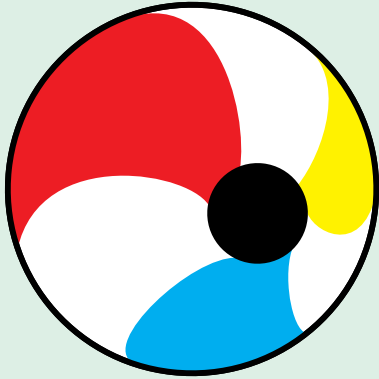
Equipment:

- Masking tape or chalk
- Stone/bean bag
- Music playing in the background such as Harvey Dreaver, http://www.youtube.com/watch?v=BI2ZEOFVn5w&list=PLle_6XHD916DFPC1XnsyaUcSjb2gHHfnc

Hopscotch

Directions:

- For each group of 4 children draw a hopscotch design on the ground with chalk or place masking tape on the floor. Make the squares big enough for one foot to be in each square. Number the squares 1 through 10 following a pattern similar to the one on this page.
- Using a stone or beanbag (or anything that can be tossed into the squares) toss the stone or beanbag into one square.
- Once the stone has landed, hop through the squares, one foot in each square, skipping the square your stone or beanbag is in by leaping over it. If children are not able to hop on one foot, then they may jump on both feet.
- Once you get to the end turn around and make your way back picking up your stone or beanbag on the way back, still skipping the square that had your stone or beanbag by leaping over it.
- Return back to the line and hand off your stone or beanbag to the next person in line.



15 minutes

Connection:

The rabbits were healthy because they were physically active. Practice being active with this game.

Equipment:

- Parachute, light tarp or bed sheet
- Soft beach ball or smaller foam ball

Beach Ball Toss

Directions:

- Divide into groups of 4-6.
- Provide each group with a parachute (or substitute a large lightweight tarp or large sturdy bed sheet.)
- Children gather around the parachute gripping the edge with both hands holding it at waist height.
- Toss a large soft beach ball onto the center of the parachute. They should lower the parachute and snap it upward to get the ball in the air. Repeat as the ball falls back down.
- Variations: 1) Snap the ball towards another team with an empty parachute. They catch the ball and return it by snapping their chute. 2) Start the ball in one corner. The child raises his or her corner to make it roll to another corner. That child in turn raises his or her corner to make it roll toward another person. 3) Snap the parachute up and down quickly and repeatedly to keep the ball bouncing. Try not to let it bounce out of the parachute.
- Small space version: Use two people, a large bath towel and small foam ball.



Cherry Stones Game



20 minutes

Connection:

Games were played to bring people together and also taught skill, patience, and cooperation. This type of dice or stone game is very common among Native American youth.

Equipment:

- Stones, pits or beans painted white on one side and black on the other or a white and black button glued back to back.
- Cup or bowl
- Scoring sheet
- Pencils

Math Connection:

K-1 – Count to tell the number of objects. Solve addition and subtraction problems.

Background:

Traditionally this game was played with wild cherry or plum stones. Stones were colored white (ska) on one side and black (sapa) on the other. When five of the six stones were white, you got 5 points (zaptan) and if they were black only 1 point (wanzi). No points were counted for less than 5 of a color. It was played to 20.

Directions:

- Form groups of 3-4 and give them 6 painted cherry or plum stones (or beans/buttons) per group.
- Put the “stones” into your hand or a cup, shake them around and gently roll them onto a desk or the floor.
- Count the number of white stones and the number of black stones that are shown and write down your score under Team 1.
- Give the stones to the next team. Shake, drop, and count the stones; record under Team 2. Continue to take turns rolling until one team reaches 20 points.

Cherry Stones Game

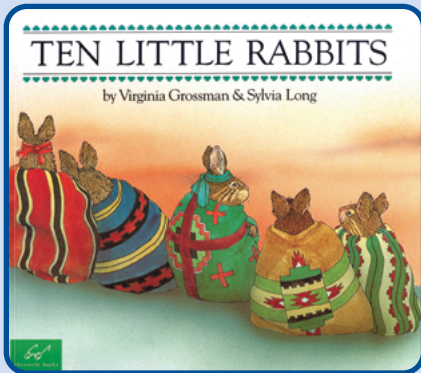
Keep playing until you win 20 points!



1 point

5 point

Round Number	Team 1 Point Total	Team 2 Point Total
1		
2		
3		
4		
5		
6		
7		



Family Fun

For a family activity check out the book, *Ten Little Rabbits* by Virginia Grossman and Sylvia Long, from your local library. Read together. Have your family do the actions to accompany each adventure in the book.

Children and Sleep

How Much Do They Need?

- Reflect for a moment on your favorite three-legged stool. What fun it was to sit on the stool as a child. This same stool can serve as a tool in reminding you of the three elements of healthy and active lives for your child(ren).
- The first leg is a reminder that your child needs to eat a balanced diet. This means that they enjoy foods from each of the food groups from ChooseMyPlate each day — fruits, vegetables, dairy, protein and grains.
- The second leg stands for the need to engage in physical activity. Children need 60-minutes of moderate physical activity each day. This includes riding bike, playing basketball, swimming and going for a walk.
- The third leg represents sleep. Sleep is vital to health and keeps the stool in balance. Without enough sleep, children are not only tired, but have trouble thinking clearly, doing complex tasks and enjoying everyday life.

According to the National Institute of Health, not getting enough sleep is associated with the following:

- reduced short-term memory and learning ability
- inconsistent performance
- poor productivity
- loss of behavior control
- negative mood

How much sleep is recommended?

The amount of sleep needed by a child depends on the amount of physical activity, health issues, daily schedule and stress in their lives. The table below is a rule of thumb as individual children differ.

Age (years)	Sleep Needs (hours)
1 to 3	12 to 14
3 to 5	11 to 13
5 to 10	10 to 11
10 to 17	8 ½ to 9 ¼
Source: National Sleep Foundation	

To pave the way for better sleep:

- Establish consistent sleep and wake schedules, even on weekends.
- Have a regular, relaxing bedtime routine such as a bath, listening to music or reading a book.
- Create a setting that is cool, dark, and quiet.
- Avoid eating large meals before bedtime.
- Keep TV and the computer out of the bedroom.
- Avoid caffeine products close to bedtime.

Meals From the Cupboard

Keep your cupboard, refrigerator and freezer stocked with healthy staples such as these. Find recipes you can use with the ingredients. When you need a meal in a hurry, you will have the foods on hand.

In the Cupboard

- Spaghetti, macaroni, and other pasta
- Soups, tomato sauces, spaghetti
- Brown rice, bulgur, barley, lentils, split peas
- Canned fruits, vegetables, beans, tuna
- Canned and bottled fruit and vegetable juices
- Salsa, seasoning and sauce mixes, condiments
- Hot and cold cereal
- Bread crumbs, crackers

In the Refrigerator/Freezer

- Fresh and frozen vegetables, carrots, salad greens
- Tortillas, English muffins, pizza crusts, bagels, whole grain bread, ready-to-bake rolls
- Cheese, yogurt, cottage cheese, milk, eggs
- Frozen chopped onion and green pepper
- Ground meats, sliced meat or poultry, fish
- Skinless, boneless chicken and/or turkey breasts

Fantastic French Toast

Servings: 6

Ingredients:

- 2 eggs
- 1/2 cup nonfat milk
- 1/2 tsp. vanilla extract
- 6 slices whole wheat bread

Directions:

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.
2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil or use nonstick spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.
6. Optional: serve with syrup, applesauce, fruit slices, or jam.



Nutrition Facts: 100 calories; 2.5g total fat; .5g saturated fat; 60mg cholesterol; 170mg sodium; 13g carbohydrates; 6g protein

Adapted from: Nibbles for Health, Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service, <http://www.sleepfoundation.org/article/how-sleep-works/how-much-sleep-do-we-really-need>,

Recipe: <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fantastic-french-toast>