



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**



# *Growing Active* **READERS**

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# *Growing Active* **READERS**

## **Acknowledgements**

The Growing Active Readers (formerly iGrow Readers) curriculum began several years ago when SDSU Extension created a community-based program utilizing children's books to integrate themes on healthy behaviors. The lessons and activities brought together evidence-based environmental and behavioral changes to promote improved long-term health outcomes. The expanded curriculum, now called Growing Active Readers, focuses on children who are Pre-Kindergarten up to 3rd grade and includes some books with Native American-focused stories. A trans-disciplinary team of faculty and staff at South Dakota State University, with expertise in the fields of nutrition, health promotion, physical education, early childhood education, and extension have helped with the creation and research for the curriculum.

### **2022 Revisions**

#### **Project Manager and Primary Author**

Audrey Rider, SDSU Extension Early Childhood Field Specialist

#### **Reviewers**

Nikki Prosch former SDSU Physical Activity Field Specialist; Taylor Nixt SDSU Extension graduate assistant; Janhavi Dinesh Virkar SDSU Extension graduate assistant

### **Original Publication**

#### **Project Supervisors**

Suzanne Stluka, MS, RD, former SDSU Extension Food & Families Program Director and Mary Bowne, Ed.D, Professor, Early Childhood Education

#### **Project Manager and Primary Author**

Karlys Wells, M.Ed., former SDSU Extension Program Associate; Authors: Former SDSU Extension Family and Consumer Sciences Educators: Deb Rombough, Lawrence County and Deb Sundem, Codington County  
SDSU Faculty: Mary Bowne, Ed.D and Tracy Nelson, Ed.D; SDSU Student Assistants: Jaclyn Shultz and Emily Smith

#### **Reviewers**

Audrey Rider, SDSU Extension Early Childhood Field Specialist; Stephanie Chambliss and Sonia Mack, SDSU Extension 4-H Youth Program Advisor; Tracy Nelson and Mary Bowne, SDSU faculty; and Suzanne Stluka, SDSU Extension

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# Growing Active Readers Activities and Objectives list

## Grades: PreK - 3rd

### (The) Animal Boogie

#### Nutrition Objectives

- Identify how exercise helps one to stay healthy.
- Recognize healthy and not so healthy foods.

#### Nutrition Activities

- Hoppety Hop to Good Health
- Still Life Painting

#### Physical Activity Objectives

- Demonstrate twisting, stretching, and balancing.

#### Physical Activities

- Animal Boogie Dance
- Kid's Yoga Journey

#### Newsletter Title

- Active Living for Families
- 

### But I've Used All of My Pocket Change – Financial

### (The) Carrot Seed

#### Nutrition Objectives

- Describe how planting, growing, and preparing fruits and vegetables is fun and healthy.

#### Nutrition Activities

- Mix-A-Salad Game
- I'm Planting a Garden

#### Physical Activity Objective

- Practice ways that growing a garden can be good exercise. Stretch and balance your body in yoga poses.

#### Physical Activities

- I Grew a Carrot!
- Shape of Yoga

#### Newsletter Title

- A Garden of Vegetables
- 

### Eat Your Peas, Louise!

#### Nutrition Objectives

- Identify traits of different types of vegetables.
- Describe a personally favorite vegetable.

#### Nutrition Activities:

- Peas, Carrots, Broccoli
- Louise's Vegetable Basket

#### Physical Activity Objective

- Demonstrate ability to make different poses with the body.

#### Physical Activities:

- Vegetable Shifters
- Roll Like a Pea

#### Newsletter Title

- Vegetables Galore
- 

### From Head to Toe

#### Nutrition Objectives

- Identify what parts of fruit contains fiber. Recognize 100% fruit juice over imitation drinks.

#### Nutrition Activities

- Real vs. Imitation
- Juicy Jigglers

#### Physical Activity Objective

- Promote the importance of being physically active every day. Exhibit positive attitude towards physical activity.

#### Physical Activity

- Swing Your Partner

#### Newsletter Title

- Which Juice?

## **Giraffes Can't Dance**

### **Nutrition Objectives**

Identify skills needed to prepare food and how they can be learned. Describe how to follow a recipe.

### **Nutrition Activities**

- Let's Cook Together
- Recipe Scramble

### **Physical Activity Objective**

Practice bending and stretching with yoga poses. Participate in activity that raises the heart rate.

### **Physical Activities**

- Animal Yoga
- Macarena

### **Newsletter Title**

Child's Play

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## **Go, Go Grapes**

### **Nutrition Objectives**

Identify characteristics of fruit. Plan how to include fruits in foods eaten each day.

### **Nutrition Activities**

- Edible Critters
- Counting Seeds

### **Physical Activity Objective**

Demonstrate movement skills. Work as a team.

### **Physical Activities**

- Memory Game
- Pick the Fruit

### **Newsletter Title**

Focus on Fruit

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## **Grandmother Spider Brings the Sun – Social/Emotional**

### **Nutrition Objectives**

Recognize the variety of healthy foods available all year. Identify the tasks and values in having family meals.

### **Nutrition Activities**

- Family Mealtime
- Seasons of the Sun

### **Physical Activity Objective**

Perform coordination and ball passing skills. Perform cooperation activity.

### **Physical Activities**

- Pass It Around
- Hot Sun

### **Oceti Sakowin Description**

Sun Drying—preserving food by dehydrating, plum drying lab

### **Newsletter Title**

Vitamin D

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## **Greet the Dawn**

### **Nutrition Objectives**

Describe a way to go through the day that is calm and peaceful. Practice being physically active outside of school.

### **Nutrition Activities**

- Peaceful Easy Feeling
- All Star Activities

### **Physical Activity Objective**

Perform a balancing activity. Move safely through space.

### **Physical Activities**

- Vocabulary Shuffle
- Hoop to Hoop

### **Oceti Sakowin Description**

We Are All Related—taking care of Mother Earth and all living relatives

### **Newsletter Title**

Family Picnic

## **I'm Growing**

### **Nutrition Objectives**

Identify that drinking milk is important to help students grow and learn. Recognize that everyone grows at different times and rates.

### **Nutrition Activities**

- Milk Matters
- Me!

### **Physical Activity Objective**

Illustrate with activity how body changes as a child grows

### **Physical Activities**

- I'm Growing
- Bean Bag Toss

### **Newsletter Title**

Milk for Growing Bones

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## **Just Shopping with Mom – Financial**

### **(The) Little Red Hen**

### **Nutrition Objectives**

Identify whole grains and where they come from.

### **Nutrition Activities**

- Grains Galore!
- Rolling in Dough

### **Physical Activity Objective**

Participate as a team by working together

### **Physical Activities**

- Teamwork Races
- Chicken House

### **Newsletter Title**

Go for the Grain

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## **Llama Llama Mad at Mama**

### **Nutrition Objectives**

Identify choices that are made when shopping for groceries. Identify the recommended serving size for foods in each food group.

### **Nutrition Activities**

- Hungry Full Meter
- Grocery Store Checkout

### **Physical Activity Objective**

Perform dance movements. Participate in an activity that raises the heart rate.

### **Physical Activities**

- Move It, Don't Lose it!
- We're Going to Eat Potatoes

### **Newsletter Title**

Grocery Shopping with Kids

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## **Monsters Don't Eat Broccoli**

### **Nutrition Objectives**

Identify foods that contribute to good health.

### **Nutrition Activities**

- Ways to Eat Broccoli
- Playdough Play

### **Physical Activity Objective**

Perform exercise that raises the heart rate. Practice locomotor movements.

### **Physical Activities**

- Scarf Play – Over, Under, Around & Through
- Pizza Tag

### **Newsletter Title**

New Foods

## Mouse Mess

### Nutrition Objectives

Identify sensory traits of food that affect food selection. Describe anytime and sometimes snacks.

### Nutrition Activities

- It's Time to Eat
- Snack Concentration Game

### Physical Activity Objective

Perform balance activities. Participate in activity that raises the heart rate.

### Physical Activities

- Move Like a Machine
- Quiet as a Mouse

### Newsletter Title

Fast Food

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## Pete the Cat: I Love My White Shoes

### Nutrition Objectives

Describe ways to make fruit for a meal or snack. Relate good practices for food safety.

### Nutrition Activities

- Adding Up the Fruit
- Fight BAC!

### Physical Activity Objective

Demonstrate dance/rhythm skills while participating in an activity. Move safely through space.

### Physical Activities

- Dancing in My White Shoes
- Raining on the Orchard

### Newsletter Title

Prepare Food Safely

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## Pete the Cat: Rocking in My School Shoes

### Nutrition Objectives

Identify healthy lunch alternatives that follow MyPlate guidance. Recognize beverages that are low and high sugar.

### Nutrition Activities

- It's All Good Lunchbox
- Rethink Your Drink

### Physical Activity Objective

Practice energy-out activities to match energy-in from food. Respect others in a physical activity.

### Physical Activities

- I Love My Running Shoes
- I'm Rocking

### Newsletter Title

How Much Should My Child Eat?

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## Rah, Rah, Radishes!

### Nutrition Objectives

Identify traits of vegetables that provide variety in the diet.

### Nutrition Activities

- Vegetable Rainbow
- What Am I Thinking of?

### Physical Activity Objective

Perform exercise that raises the heart rate. Develop balancing skills.

### Physical Activities

- Old MacDonald Spinach Style
- Bean Bag Balance

### Newsletter Title

Grow a Family Garden

## Splat the Cat

### Nutrition Objectives

Identify foods by MyPlate groups. Describe the feelings of hungry and full.

### Nutrition Activities

- Feel Good Mask
- Splat's Lunch Tray

### Physical Activity Objective

Move safely in personal space. Demonstrate locomotor skills.

### Physical Activities

- Hide Like a Mouse
- Mousetrap

### Newsletter Title

Lunchtime

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## Ten Little Rabbits

### Nutrition Objectives

Identify foods that contribute to good health.

### Nutrition Activities

- Finding 10
- Colorful Blanket

### Physical Activity Objective

Perform balance and coordination exercises.

### Physical Activities

- Hopscotch
- Blanket Toss

### Oceti Sakowin Description

Cherry Stones Game – dice style game involving counting

### Newsletter Title

Children & Sleep

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## Verdi - Social/Emotional

### Learning Objectives

Recognize the negative views about aging between Verdi, yellow snakes, and the green snakes  
Describe Verdi's ideas on growing up  
Reflect on how they view other people around them

### Activities

- Physical Activities: Sardines
- Craft Activity: Paper Snakes
- Snack Activity: Fruit Snake

### Lesson Handouts

- None

### Parent Newsletter

Outlook on Aging and Our Own Self-Image

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## When Grandma Gatewood Took a Hike – Social/Emotional

### Learning Objectives

Identify the value of setting goals  
Recognize the value of grit/resiliency  
Identify older people in their life with grit/resiliency

### Activities

- Who Has Grit?
- WOOP It Out
- Interview

### Lesson Handouts

- Matching Game handout
- W.O.O.P. Wish List and Worksheet

### Parent Newsletter

Life with Resiliency and Grit

## **Why Should I Eat Well?**

### **Nutrition Objectives**

Recognize the milk, grains and protein food groups. Identify low fat and low sugar foods.

### **Nutrition Activities**

- Best or Worst
- Other Half of MyPlate

### **Physical Activity Objective**

Follow verbal instructions to do a variety of locomote activities. Work as a team to complete a timed task.

### **Physical Activities**

- Rachel Says
- Back to Back

### **Newsletter Title**

Go Lean with Protein



# Growing Active Readers Activities and Objectives list

## Grades: Kindergarten - 3rd

### A Chair for My Mother – Financial

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#### Bread & Jam for Frances

##### Nutrition Objectives

Classify different breakfast foods into food groups.  
Discuss the importance of eating breakfast.

##### Nutrition Activities

- Breakfast, Breakfast, Breakfast!
- Better Bread & Jam

##### Physical Activity Objectives

Demonstrate motor skills that are increasingly complex.

##### Physical Activity

- Energy Rush

##### Newsletter Title

Why Breakfast?

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### Count on Pablo – Financial

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#### Dream Wolf

##### Nutrition Objectives

Recognize the benefits of choosing healthy snack foods. Identify the traits of fruits.

##### Nutrition Activities

- Fruit Bingo
- Snacks To Go

##### Physical Activity Objectives

Perform exercise that increases heart rate.

##### Physical Activities

- Trail Walk
- Triangle Tag

##### Oceti Sakowin Description

All My Relatives (Mituyake Oyasin)–connections between humans and the natural world

##### Newsletter Title

Family Meals

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### (The) First Strawberries: A Cherokee Story

##### Nutrition Objectives

Explain how fruits are helpful. Describe traditional ways Native Americans used fruit.

##### Nutrition Activities

- Eat Your Colors
- Wojapi Fun!

##### Physical Activity Objectives

Exhibit locomotor skills while participating in the activity.

##### Physical Activities

- Going on a Berry Hunt
- Chasing a Rainbow

##### Oceti Sakowin Description

Seed Knowledge–3 Sisters Garden and card game using traditional plants

##### Newsletter Title

Rainbow of Fruits

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### I Will Never Not Ever Eat A Tomato

##### Nutrition Objectives

Explain how calories in should balance calories out. Recognize that foods come in different forms.

##### Nutrition Activities

- The Name Game
- Which Tomato?

##### Physical Activity Objectives

Demonstrate a variety of locomotor skills.

##### Physical Activities

- Couch Potatoes
- Never Eat a Tomato?

##### Newsletter Title

The Choosy Eater and New Foods

## **Jingle Dancer – Social/Emotional and Financial**

### **Nutrition Objectives**

Illustrate relationship between family, friends, healthy food, and physical activity. Match foods into MyPlate categories.

### **Nutrition Activities**

- Medicine Wheel
- Indian Tacos & MyPlate

### **Physical Activity Objectives**

Perform dance moves as a physical activity.

### **Physical Activities**

- Make Noise & Dance
- Rain, Rain, Go Away!

### **Oceti Sakowin Description**

Fancy Dancers–physical activities at a powwow (wacipi)

### **Newsletter Title**

Healthy Eating for Your Family

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## **Oh, The Things You Can Do That Are Good For You!**

### **Nutrition Objectives**

State difference between foods that are healthy and foods that are not healthy. Recognize basic lifestyle habits to follow to stay healthy.

### **Nutrition Activities**

- FIT Bingo
- Food Hero

### **Physical Activity Objectives**

Identify ways to exercise to promote growth, endurance, flexibility, and strength.

### **Physical Activities**

- Relay Races!
- A Trip to the Feeling Great Clinic

### **Newsletter Title**

ABC's of Hand Washing

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## **(The) Star People – Social/Emotional**

### **Nutrition Objectives**

Recognize the importance of water and its availability. Plan foods for a balanced MyPlate.

### **Nutrition Activities**

- Water, Water, Everywhere!
- Star Snacks

### **Physical Activity Objectives**

Perform exercise that increases heart rate. Perform eye-hand coordination exercise.

### **Physical Activities**

- Star Hopping
- Shooting Star

### **Oceti Sakowin Description**

Lakota/Dakotah Songs–create and sing a song in the Lakota/Dakotah style

### **Newsletter Title**

Water: an Essential for Good Health

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## **YOKO**

### **Nutrition Objectives**

List healthy lunch choices. Recognize that different countries and cultures have different food choices.

### **Nutrition Activities**

- Culture Shock
- Brown Bag

### **Physical Activity Objectives**

Demonstrate teamwork.

### **Physical Activity**

- Cat & Mouse

### **Newsletter Title**

Safe Bag Lunches

# Growing Active Readers Activities and Objectives list

## Grades: 1st - 5th

### Alexander, Who Used to be Rich Last Sunday – Financial

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### (The) Berenstain Bears and Mama's New Job – Financial

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### (The) Berenstain Bears and Too Much Junk Food

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#### Nutrition Objectives

- Recognize the negative effects of junk food.
- Determine what are considered healthy foods and what are considered not very healthy foods.

#### Nutrition Activities

- Snack Master or Snack Monster?
- Sugar, Sugar, Sugar
- The Ins and Outs of Shopping

#### Physical Activity Objectives

- Perform endurance and strengthening activity, such as jogging and sit-ups

#### Physical Activity

- Too Much Junk Food

#### Newsletter Title

Healthy Snacking

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### Coyote Christmas

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#### Nutrition Objectives

- Recognize advertising claims that are used on food labels. Simulate recommended food portions.

#### Nutrition Activities

- Oh, My Tummy
- Coyote Advertising

#### Physical Activity Objectives

- Practice the concept of different levels in general space.

#### Physical Activity

- Spider, Coyote, and Raven
- A Christmas Eve Tale

#### Oceti Sakowin Description

The Tricksters—teaching values through trickster stories (Iktomi), applied to food advertising.

#### Newsletter Title

How Much Do You Eat?

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### Little Red Riding Hood: A New Fangled Prairie Tale – Social/Emotional

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#### Learning Objectives

- Identify positive examples (smart, strong, creative, etc.) of older adults (65+)
- Recognize that being active contributes to strength

#### Activities

- Share your story
- Memory Cookbook
- Baking with Grandparents

#### Lesson Handout

- Memory Cookbook

#### Parent Newsletter

Mentors: Strong and Independent

## **(The) Return of the Buffaloes**

### **Nutrition Objectives**

Describe ways to safely store protein food. Explain why some people have a lack of food.

### **Nutrition Activities**

- Protein Power
- Jazzy Jerky

### **Physical Activity Objectives**

Demonstrate locomotor skills while participating in the activity.

### **Physical Activities**

- Follow the Buffalo Leader
- Hoop to Hoop

### **Oceti Sakowin Description**

Lakota Parfleche Design–uses for parfleche (rawhide containers) and racing to make traditional decorative designs

### **Newsletter Title**

Protein Power

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## **(The) Vegetable Alphabet Book**

### **Nutrition Objectives**

Explain how a vegetable grows. Describe preparing a vegetable soup. Recognize a variety of names for vegetables.

### **Nutrition Activities**

- Sprouts!
- Vegetable Soup

### **Physical Activity Objectives**

Perform large muscle movements fluidly.

### **Physical Activities**

- Simon Says, “Eat Your Veggies”
- Ribbon Alphabet

### **Newsletter Title**

Safe Handling of Fruits & Vegetables