EAGLE BOOKS STATION TALKING POINTS

Book: *THROUGH THE EYES OF THE EAGLE*

- This first story in the series introduces the cast of characters to include Mr. Eagle and the boy he befriends, Rain That Dances.
- Mr. Eagle talks to Rain That Dances about how active his people once were.
- Mr. Eagle describes to Rain That Dances how changes in people's eating and physical activity from days long ago have caused an increase in type 2 diabetes. Type 2 diabetes, he explains, is when a body does not use the food that has been eaten right away, so there is too much sugar, or glucose, in the blood which can cause health problems. This makes Mr. Eagle very sad.
- Rain That Dances learns how, long ago, the men, women, and children in the village took care of themselves and each other.
- Rain That Dances decides to tell others how important it is to eat healthy foods and be physically active more often.

Activity Ideas to Support This Station

- Invite an elder to share a story with the children that involves traditional hunting, fishing, and/or gathering of Native foods, how they were prepared or stored, and potlatches, ceremonies, or festivities involved with healthy meals. Discuss the physical nature involved with food preparation and other tribal activities.
- Ask the children for ideas in making healthy choices each day. Provide art supplies for each child to draw examples of healthy choices.
- Draw, color, and cut out mask from materials supplied and have children act out the story as it is read aloud or make up their own.
- Invite a community member to demonstrate a simple traditional dance step and to discuss how dancing helps to keep children healthy.
- Ask the children to suggest information they may want to share with their parents, siblings, and friends.
- Provide supplies for each child to create a Mr. Eagle (free-hand or from pattern) that can be taken home and displayed as a constant reminder to make healthy choices.
- Provide traditional foods for sampling and to discuss why it is healthy.
- Invite a storyteller to share a traditional story with the children.

EAGLE BOOKS STATION TALKING POINTS

Book: *KNEES LIFTED HIGH*

- In Knees Lifted High, Rain That Dances takes his best friend, Thunder Cloud, to meet Mr. Eagle.
- Mr. Eagle describes to the boys how people long ago were active; doing hard work, hunting, fishing, and gathering. The people spent much time outdoors and their bodies were strong and healthy.
- Thunder Cloud and Rain That Dances notice that many people in the village are not outside being active: They are watching TV or playing video games, riding in vehicles, or just sitting.
- Mr. Eagle explains that type 2 diabetes is when a body does not use the food that has been eaten right away, so there is too much sugar, or glucose, in the blood. Type 2 diabetes can cause health problems. It is important to know how type 2 diabetes can be managed or prevented.
- Mr. Eagle encourages the boys to continue to find ways to stay physically active and healthy.

Activity Ideas to Support This Station

- Encourage the children to play the game suggested by Mr. Eagle (in the book, pp 25-27) or invent their own exercise game.
- Organize physical challenges: jump rope, beanbag toss, basketball shoot, a tricycle race, etc.
- Ask children to come up with ideas for activities that can replace TV watching or video-game playing that would make the body more strong.
- Provide supplies for each child to create a chart to monitor daily physical activity.
- Ask children for ideas to keep everyone in the family active (e.g., dancing, gardening, sharing house work, walking to the store, etc.).
- Invite a community member to demonstrate a simple traditional dance step and to discuss how dancing helps to keep children healthy.
- Set up a mock doctor's office to check heart rates before and after a simple exercise (e.g., jumping jacks). Explain how this increase in heart beats means the body is working harder and gaining strength.
- Invite a physical fitness professional or community health staff to create and lead a physical activity or challenge.

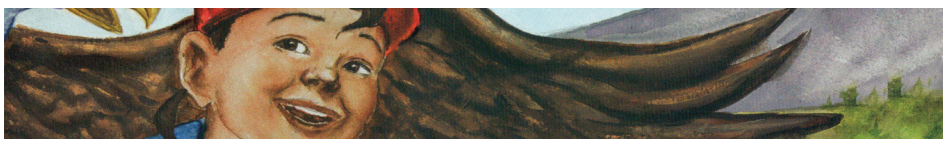
EAGLE BOOKS STATION TALKING POINTS

Book: *PLATE FULL OF COLOR*

- In the book Plate Full of Color, the children–Rain That Dances, Thunder Cloud, Simon, and Little Hummingbird–meet up with Mr. Eagle and Miss Rabbit to talk about ways to stay strong and healthy.
- Miss Rabbit describes how different colors in foods add different benefits to the body and are very helpful in keeping bodies strong.
- The children talk about Mother Earth and how she makes wonderful and healthy foods as well as pure, clear water available to people.
- Miss Rabbit tells Thunder Cloud that it is fine for his mom to buy vegetables from the store. They are grown and brought to the store so everyone can have healthy food choices.
- Thunder Cloud promises to taste some vegetables he's never tried before.
- Miss Rabbit helps the children think of fruits and vegetables that would be fun to eat at breakfast, lunch, and supper, as well as snacks.
- The children come up with ideas of fruits and vegetables to replace their less-healthy snacks.

Activity Ideas to Support This Station

- Invite an elder to discuss traditional foods and how they are gathered and prepared.
- Use a flannel panel to show where different foods of varying colors grow (e.g., red apples, blue berries, orange carrots, yellow squash, green beans, etc.)
- Invite a representative from a local grocery or food service to bring samples of many different colors of produce and create an activity around the display.
- Plant vegetable seeds in small pots for children to take home or monitor within their classrooms.
- Provide whole, sliced, and diced fruits and vegetables for the children to create edible art with them (e.g., smiley faces, bugs, animals).
- Provide a simple check list or Bingo-type grid of images of fruits and vegetables the children can take to the grocery store and mark off those they recognize.
- Conduct a bingo game using healthy, school-district approved food items (e.g., raisins, carrot sticks, Cheerios) as markers.
- Provide traditional foods for sampling and to discuss why it is healthy.



EAGLE BOOKS STATION TALKING POINTS

Book: *TRICKY TREATS*

- In this story, Tricky Treats, Mr. Eagle prepares to meet with the village children for the last time.
- Rain That Dances packs some snacks and water for himself, Simon, Thunder Cloud, and Little Hummingbird to enjoy while visiting Mr. Eagle.
- When the children find Mr. Eagle and Miss Rabbit, they are introduced to Coyote. Coyote tells the children he wants to learn to eat healthy, too.
- Mr. Eagle talks to the children about everyday snacks and sometime snacks.
- Coyote tries to trick the children into eating unhealthy snacks like soda pop with sugar and chips.
- Mr. Eagle helps the children understand that sugary food is a sometimes snack because it doesn't help the body stay strong.
- The children decide to tell the people in the village how to eat healthy foods and stay physically active in order to be well and help prevent type 2 diabetes.

Activity Ideas to Support This Station

- Discuss the commercials the children may have seen that promote sometime snacks.
- Provide materials for the children to decorate several small, snack-size, zip-lock bags; label each with "everyday snack" and let them fill the bags with healthy snacks (provided or from home).
- Ask the children to suggest information they may want to share with their parents, siblings, and friends. Provide art supplies for them to make visual reminders.
- Have someone dress up as a trickster and comically try to convince the children to choose sometime snacks over everyday snacks.
- Play a guessing game with quantities of sugar. Invite your diabetes educator to show children different amounts of sugar, and have them try to match the amount of sugar to the item (e.g., candy bar, sweet cereal, soda pop, etc.).
- Provide traditional foods for sampling and to discuss why it is healthy.

EAGLE BOOKS GAME PLAN

KNEES LIFTED HIGH STATION
Activity Ideas

- Organize physical challenges: jump rope, beanbag toss, basketball shoot, a tricycle race, etc.
- Ask children to come up with ideas for activities that can replace TV watching or video-game playing that would make the body more strong.

PLATE FULL OF COLOR STATION
Activity Ideas

- Plant vegetable seeds in small pots for children to take home or monitor within their classrooms.
- Provide whole, sliced, and diced fruits and vegetables for the children to create edible art with them (e.g., smiley faces, bugs, animals).

THROUGH THE EYES OF THE EAGLE STATION
Activity Ideas

- Draw, color, and cut out mask from materials supplied and have children act out the story as it is read aloud or make up their own.
- Invite a community member to demonstrate a simple traditional dance step and to discuss how dancing helps to keep children healthy.

TRICKY TREATS STATION
Activity Ideas

- Discuss the commercials the children may have seen that promote sometime snacks.
- Provide materials for the children to decorate several small, snack-size, zip-lock bags; label each with "everyday snack" and let them fill the bags with healthy snacks (provided or from home).