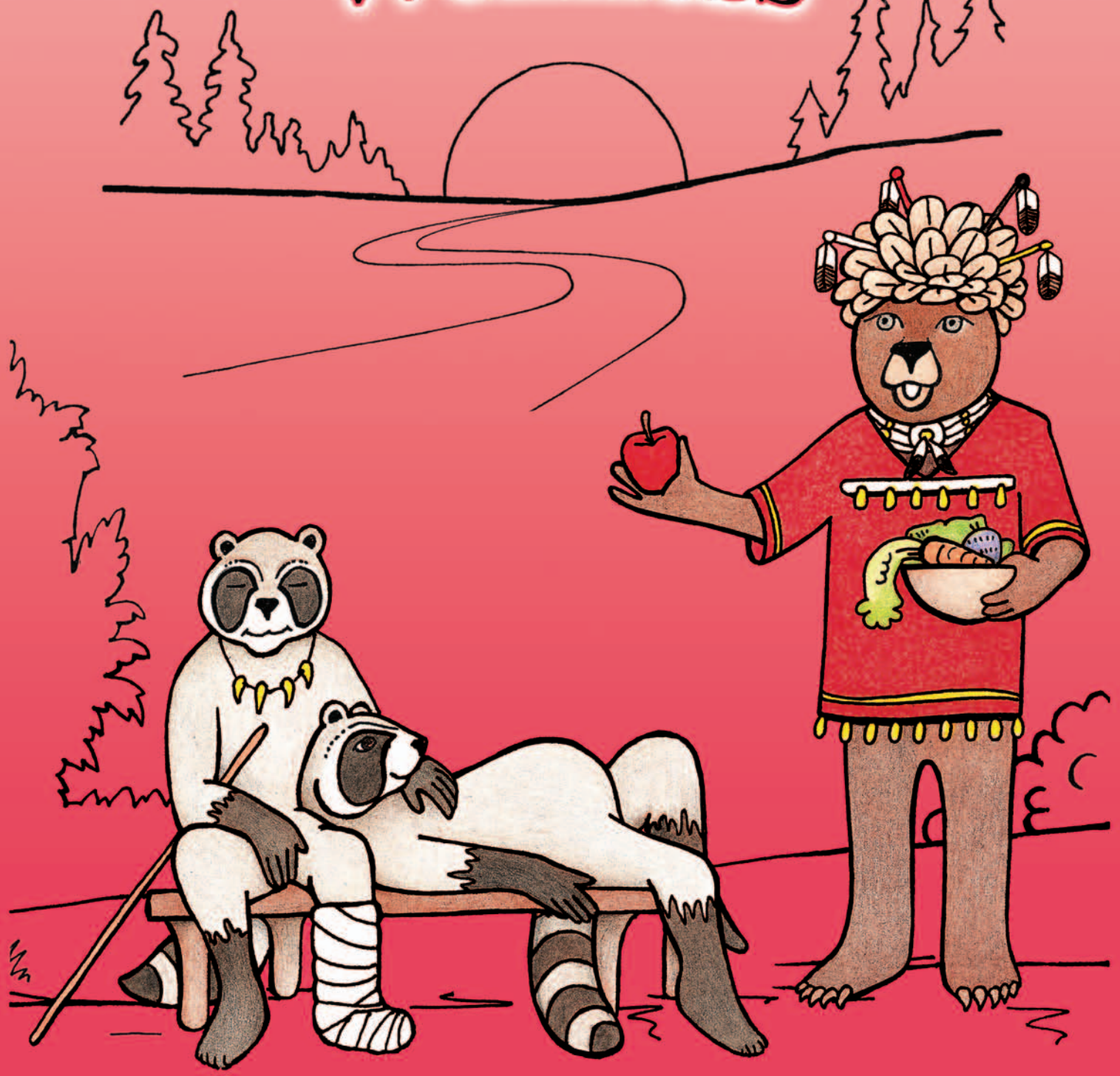
Journey Toward Wellness



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Journey Toward Wellness

A coloring book about Diabetes Prevention; Living a Healthy Lifestyle among Native Americans.

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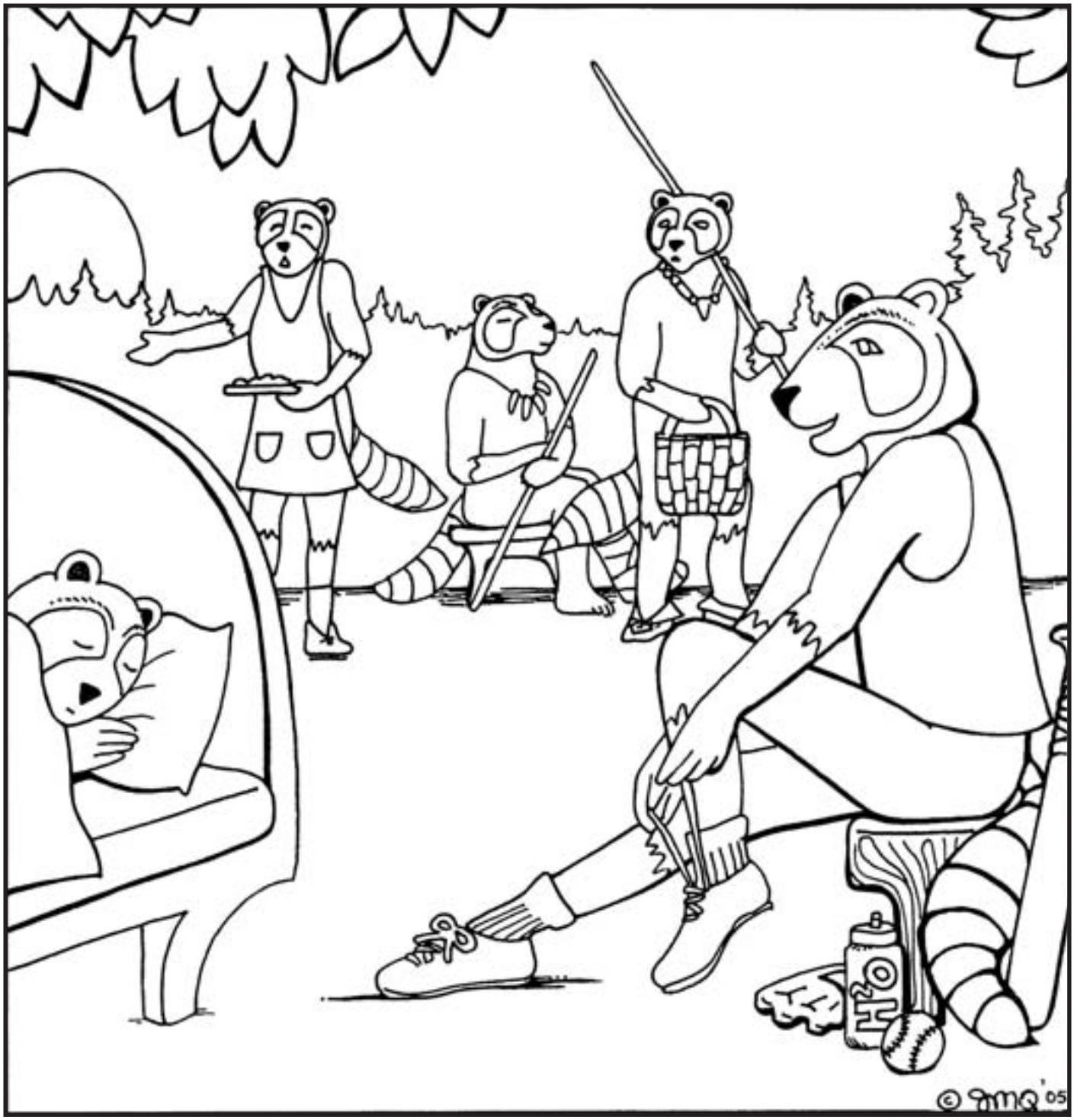
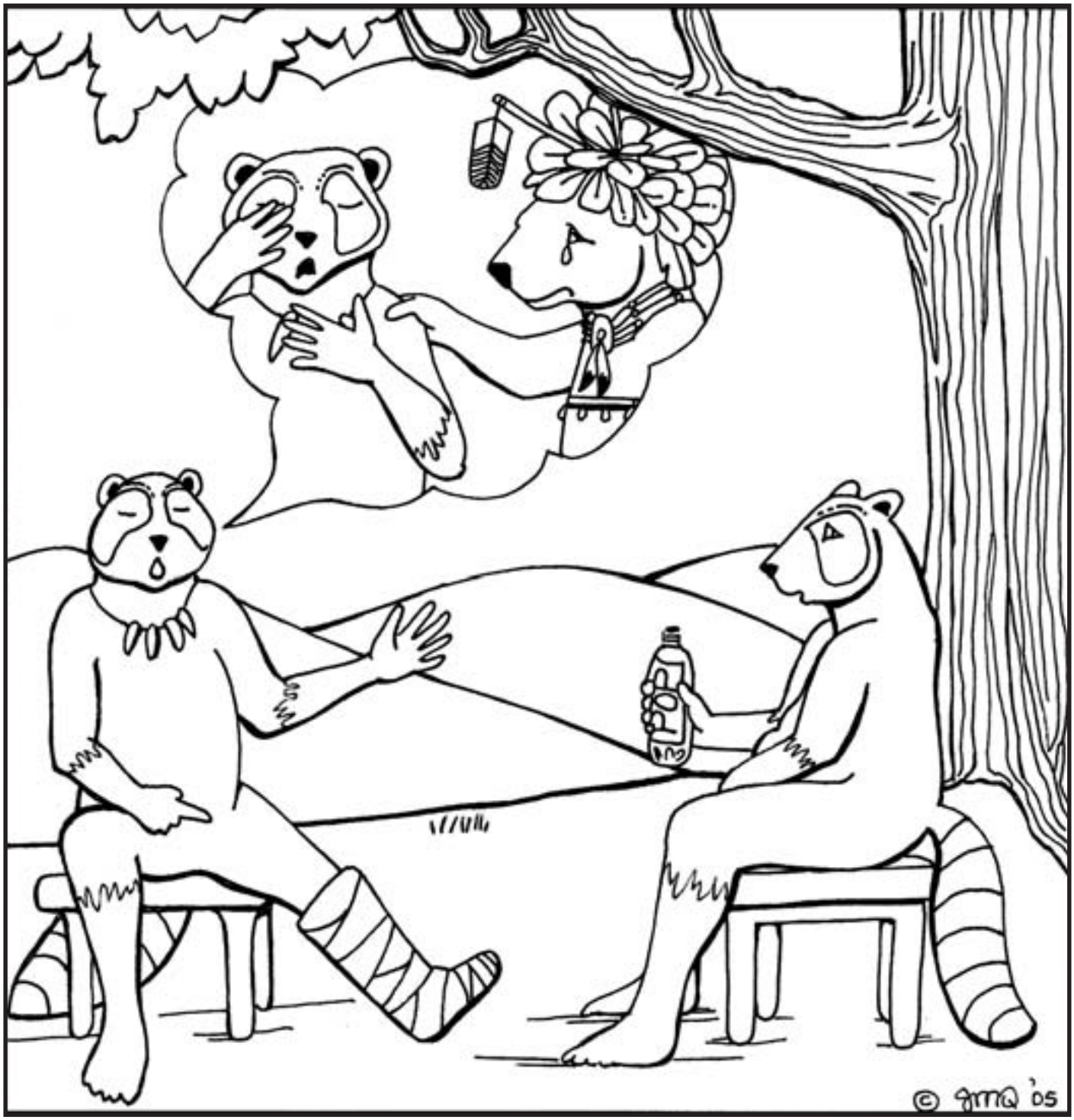


As the sun rises, the Raccoon household is awakening to another busy day. Mom has cooked breakfast and Dad is going off to gather nuts. Ben is getting ready for a baseball game. He encourages Tommy to get out of bed and join them. Tommy snuggles down under his covers and whines, “Stop it! Leave me alone!” He does not want to get up. Listening in the background, Grandfather wonders what has made Tommy so tired and cranky.

Later that morning during their daily walk, Mom and Grandfather come across Tommy digging through the park garbage, collecting discarded junk food and pop. Mom tells Grandfather what Tommy is doing and says, “He would rather eat junk food than the good food I cook. What should we do?” Grandfather suddenly has an idea as to why Tommy was tired that morning.

Grandfather sits down under the tree where Dad is gathering nuts. Nearby Tommy relaxes under another tree. He has eaten all the junk food he could find and is beginning to feel sleepy. Ben and a friend run by and once again ask Tommy to join them in another baseball game. "No, I am still too tired," Tommy says, "I think I will take a nap." Grandfather, overhearing the conversation, says to Dad, "Something needs to be done about Tommy and I think I know what."



Grandfather calls Tommy over to sit with him, so that he can tell Tommy about his youth. "I was just like you. I would eat foods that I thought tasted good, but would later make me sick. I would get tired and weak. My vision would become blurry. I wanted to sleep all the time and rarely played with my friends. After many years, I became diabetic. Now I have many problems with my body. I want you to talk to Elder Bear. I think he can help you."

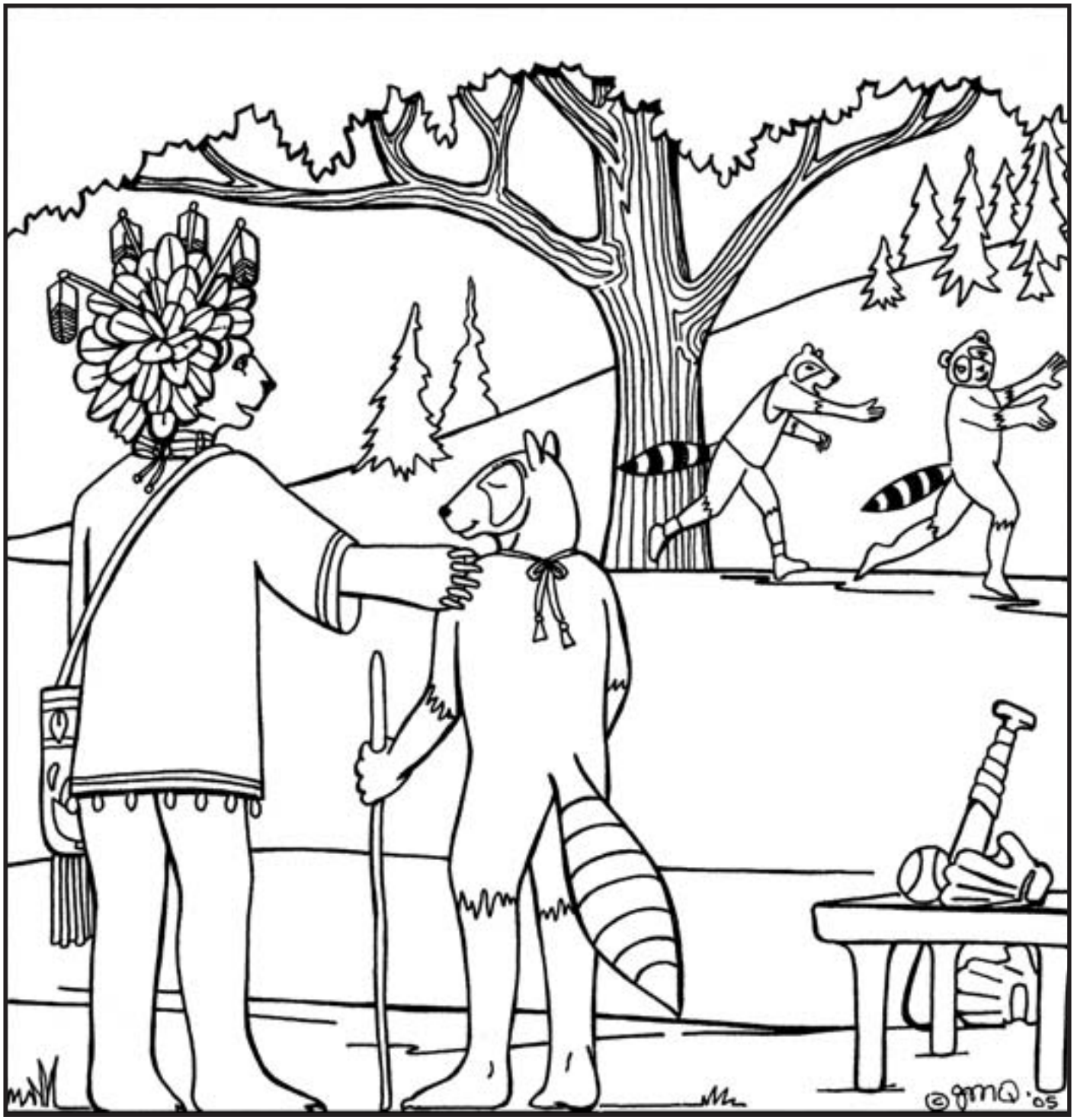
Elder Bear is coming back from gathering medicine plants in the woods. Grandfather and Tommy approach him and Elder Bear greets them warmly. Grandfather asks, "Elder Bear, can you please share a teaching with Tommy on how to walk a path of wellness?" Elder Bear agrees. He gathers some items together and invites Grandfather and Tommy into his lodge. "Tommy, there are many things to know to begin your journey toward wellness. Let us begin."

Elder Bear tells Tommy about Diabetes and what he can do to be healthy. He tells Tommy that it is important to eat good foods, exercise, and see a doctor for regular checkups. Tommy has great respect for Elder Bear and listens carefully. Afterward, he agrees with the lesson and decides to start right then. Grandfather is happy too and tells Tommy that he will help him, as will the whole family.

Tommy searches for Ben and asks him if he would like to play. "Play is like exercise," Tommy tells him, "it will help me to become healthy." Ben is happy and shows Tommy all types of things that they can do. Ben decides to show Tommy how to shoot hoops first, even though baseball is his favorite sport. He knows that Tommy needs to start slowly, so that he doesn't get too tired and want to quit.

The next morning, Tommy gets up with everyone else. He tells his Mom that he is going fishing and will bring back some healthy food for everyone to eat and fresh water to drink. His Mom shows him some of the healthy food she is getting ready. They plan a wonderful dinner for that evening. Tommy says he will also help his Dad in the garden later as fresh vegetables are even better. Besides, he knows his Dad will be pleased for the help.

One year later, Tommy has continued his journey to wellness. He is leaner, stronger, has lots of energy, and is very happy. Ben and Tommy have grown even closer while enjoying many activities together. The whole family actually feels better. Tommy is glad that Grandfather took him to see Elder Bear. He knows that if he had stayed in bed, he would have missed a whole lot of fun!



While watching the children play tag, Elder Bear remarks to Grandfather that he is pleased to see Tommy still on his journey to wellness. He smiles, and tells Grandfather, "Your whole family has benefited. Even you are doing better. I see that your foot has healed." Grandfather replies proudly, "Yes, my Grandson has given me a gift even as we have given one to him. We will all have a good journey after this."

Journey Toward Wellness

E	S	I	C	R	E	X	E	U	G	S	Y	Z	W	B
U	C	A	I	E	Q	P	I	A	N	T	E	K	X	H
P	L	A	Y	I	N	G	R	P	I	U	U	F	S	T
T	N	A	M	S	V	D	W	S	M	N	R	I	S	Z
V	M	A	L	L	E	B	S	A	M	U	F	W	X	M
U	E	Y	L	N	Q	E	X	B	I	B	B	A	B	T
J	J	G	I	L	N	R	V	T	W	S	A	L	E	L
A	O	N	E	L	A	W	S	K	S	W	S	K	W	L
U	G	U	L	T	O	B	E	B	Q	R	K	I	Y	W
C	B	E	R	W	A	G	E	U	P	T	E	N	J	K
X	W	J	G	N	E	B	Z	S	X	L	T	G	Z	G
W	C	N	J	H	E	O	L	I	A	Z	B	A	M	G
S	T	R	O	P	S	Y	N	E	R	B	A	Q	S	R
J	V	P	X	F	X	U	K	A	S	X	L	Q	N	R
Y	G	R	K	I	S	Y	X	E	C	F	L	G	R	C

BASEBALL	BASKETBALL	CANOE
EXERCISE	FISH	FRUITS
GARDENING	JOURNEY	NUTS
PLAYING	SPORTS	SWIMMING
VEGETABLES	WALKING	WELLNESS

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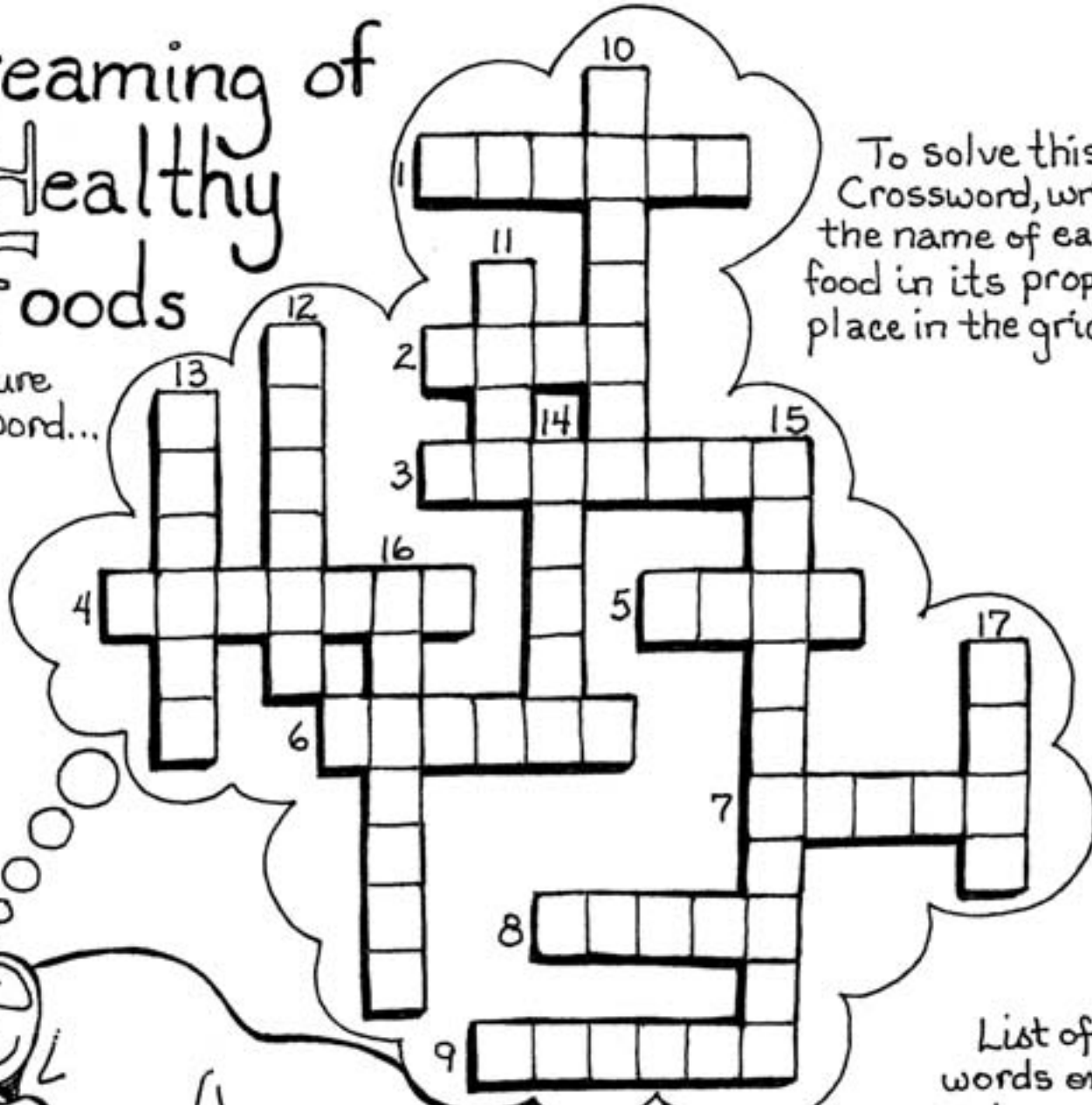
Dreaming of Healthy Foods

a picture crossword...

To solve this Crossword, write the name of each food in its proper place in the grid.



List of words on next page!

Across:

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

Down:

10 _____

11 _____

12 _____

13 _____

14 _____

15 _____

16 _____

17 _____

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JUMP ROPE RHYMES*

*These could be used with Hackey Sacks, too...

Apples, pears, oranges, kiwi
All these fruits are good for me.

String beans, broccoli, carrots, and celery
Pumpkins, squash, zucchini, and tomatoes
All these vegetables will help me grow.

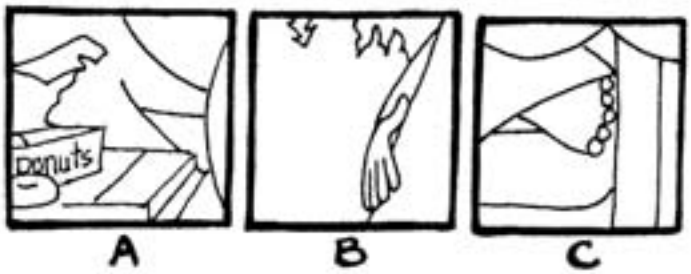
I will eat these foods everyday
And I will be healthier, come what may.

I'd rather be jumping rope
than just sitting in a chair,
It feels so great to move
as the wind blows through my hair.
Let's run and jump
and throw a ball,
'Cuz these fun things
are great for all!

Answers to Crossword Puzzle: Across = 1. Yogurt 2. Milk 3. Peanuts 4. Lettuce 5. Corn 6. Grapes 7. Beans 8. Water 9. Cherry
Down = 10. Pumpkin 11. Rice 12. Tomato 13. Cheese 14. Apple 15. Strawberry 16. Carrots 17. Fish

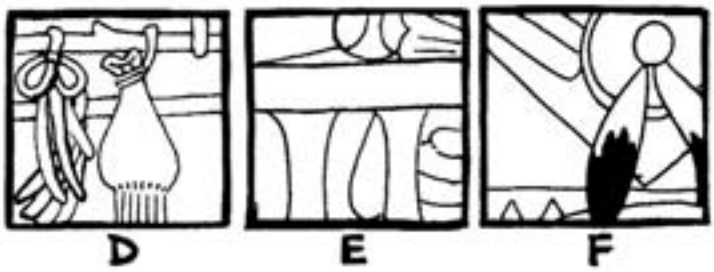
USE YOUR...

Find these pieces of pictures from the story and write the page number you found them on beneath each one.



A B C

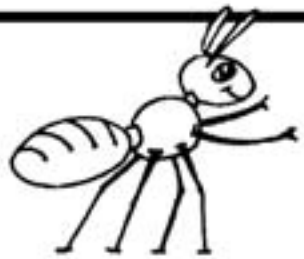
Page ____ Page ____ Page ____



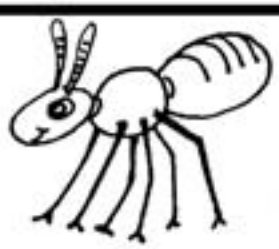
D E F

Page ____ Page ____ Page ____

(Answers: A-5, B-10, C-15, D-9, E-13, F-18)

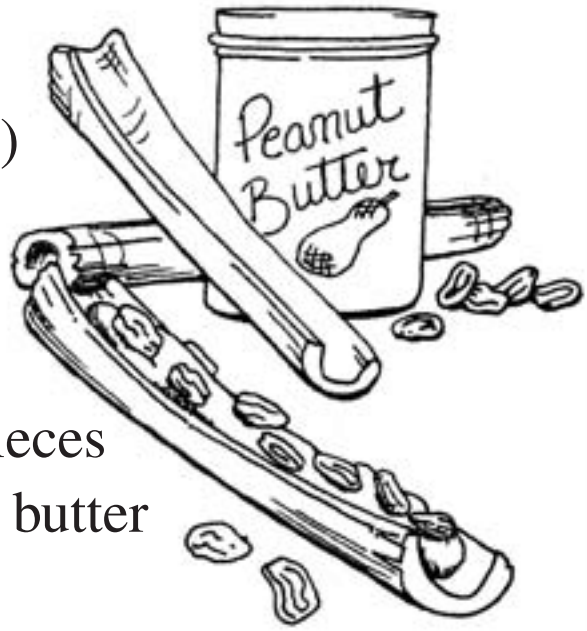


Ants on a Log



What you need:

Celery
Peanut Butter (crunchy or smooth)
Raisins

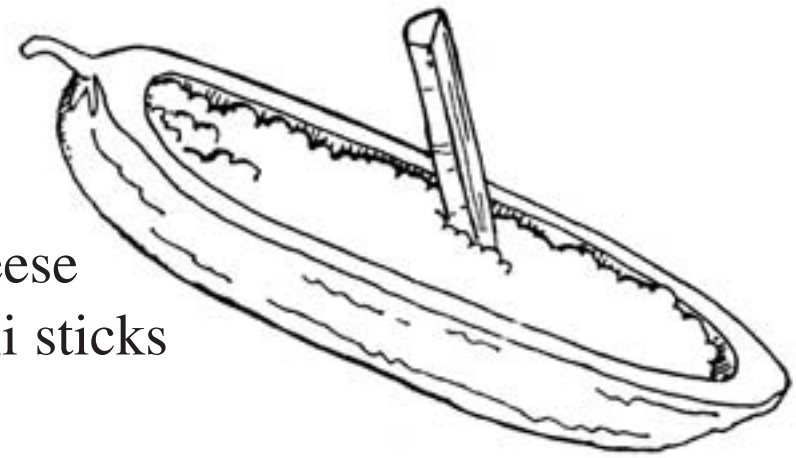


1. Place celery on a cutting board
2. Cut each stalk into two or three pieces
3. Fill each celery piece with peanut butter
4. Dot peanut butter with raisins

Cucumber Canoes

What you need:

2 small cucumbers
1 cup low fat cottage cheese
Carrot, celery, or broccoli sticks



1. Slice the cucumbers in half lengthwise
2. Scoop the seeds out with a spoon
3. Fill the cucumber canoe with cottage cheese and add broccoli, carrot, or celery sticks

Eating Well and Exercising Are Good Medicine
2005

The Saginaw Chippewa Indian Tribe Of Michigan

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