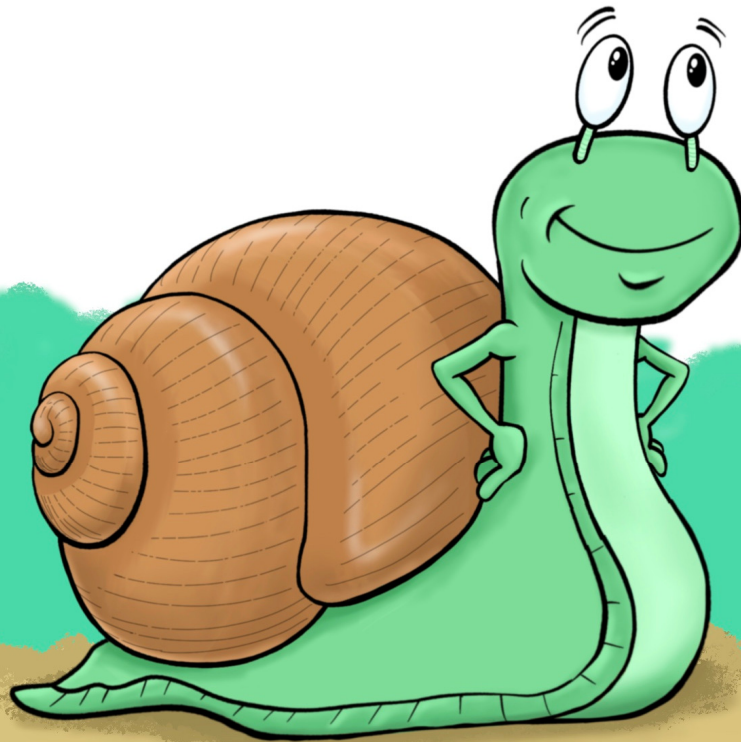


Teachers Guide

SNAILS QUAILS and ANIMAL TALES



Written by Mark Housel and Randy Meyer

Illustrated by Eric Housel

Teachers Guide



Standards based



Lesson ideas



Fun safe movement activities



Questions to go along with the book



Alternate ending project

About the Heidi section of the book

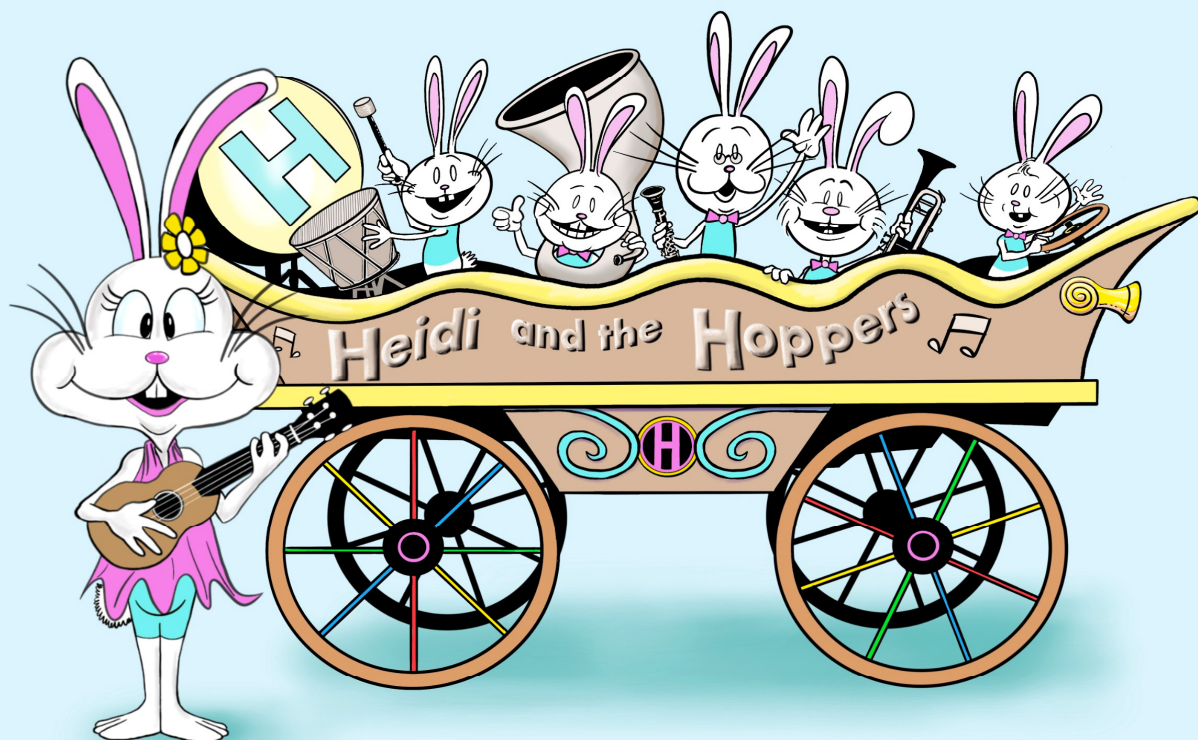
Heidi and the Hoppers were in desperate need of teamwork. They seemed to have confidence working by themselves but just needed some practice working as a group.

Question for the kids

- What kind of activities do you participate in that require teamwork?
- How does it feel to accomplish a goal with a partner or team?
- When do you think you are at your best as a teammate?

Movement Activity for the Heidi and the Hoppers section of the book -

30 Second Show Off - Have one person be the leader and everyone else follows what they do. Every 20-30 seconds, turn the music off and find a new leader. (They can use clapping, exercises, dancing...) This can be done anywhere there is enough space to move safely. This activity can be done in small groups or in a large group setting





About the Mark and Max section of the book

Max and Mark also are struggling with their teamwork. Mark is having issues with finding a balance with his electronics. Max is struggling with his energy level. He needs to remember to eat healthy, exercise , and get plenty of sleep.

Question for the kids

- How do you find a balance with your electronics?
- What do you think it was like living without smart phones and the internet?
- What are some times in your life where you have to be a good teammate?

Movement Activity for the Mark and Max section of the book

Ships and Sailors - Here is a video of how to play ships and sailors <https://youtu.be/uqjc8TBpBNs>

- Add these movements to the game to fit into this section of the book.

The sleepy puppy - Pretend to sleep like a puppy (standing or laying will work)

Frantic Texting - Pretend to text like your life depending on it!

Eat Healthy - Pretend to eat

Exercise - Exercise in place

Find a balance - Stand on one foot

*** Please make sure to have enough space and make sure the students are showing self-control***



About the Health Food Truck Jen section of the book

Her truck ran on positive energy and she was all out. Luckily she ran into Snail and he was able to point all the wonderful things she had going for her. If you break down the word encourage, it means to give courage to someone, while discourage means to take courage away. Healthy food truck Jen section also stresses the importance of eating a healthy balance diet.

Questions for the kids

- What are some things that you like to do to make yourself feel better?
- Can you think of a time when someone else encouraged you to do something you were nervous about?
- What kind of healthy foods should Healthy Food Truck Jen

add to her truck?

Movement Activity for the Healthy Food Truck Jen section of the book -

Salt and Pepper - Make a line where the kids have enough room to safely jump or step from one side of the line to the other. Each student can even stay behind their desk and jump or step from one side to the other. Make sure the activity is set up in a way that will avoid collisions.

Level 1 - Designate a “salt” side and a “pepper” side. When the leader of the says “salt” students must quickly get on the salt side. When the leader says pepper, the leader gets on the pepper side

Level 2 - Designate a “once in a while” side and an “everyday” side. Explain that everyday foods are foods that you can eat everyday to stay healthy (fruits and vegetables) and once in while foods are foods that you would have occasionally as a treat (cookies, cake, ice cream...) Leader will yell out a food and the kids will determine whether or not it is everyday or once in while and get on the side of the line they think it’s on. Example - Say “apple” all the kids should go to the “every day” side. Say “ice cream cone” and they should go to the “once in a while” side

Level 3 - Continue with the “once in a while” side and an “everyday” side. Add sound effects and motions. For “once in a while” foods the kids should get to that side, hold there belly and act like they have a belly ache. For everyday foods they get to that side, say yum, yum, yum and jog in place.

*** Got this from the one and only Jim DeLine, Texas PE Teacher***

Things to keep in mind - There are foods that are hard to categorize with the ever changing views on nutrition - Encourage to have the kids go to where they think is correct. Recognize kids who choose to stand alone!

About the Rand-A-Bear section of the book

Acceptance starts with accepting yourself for who you are. So often we are told who we should be either directly or indirectly. It could be by our parents, society, social media. It must be conflicting when who you are told to be and who you think you are in your heart are different. Snail helps Rand-A-Bear to see himself for who he is.

Questions for the kids

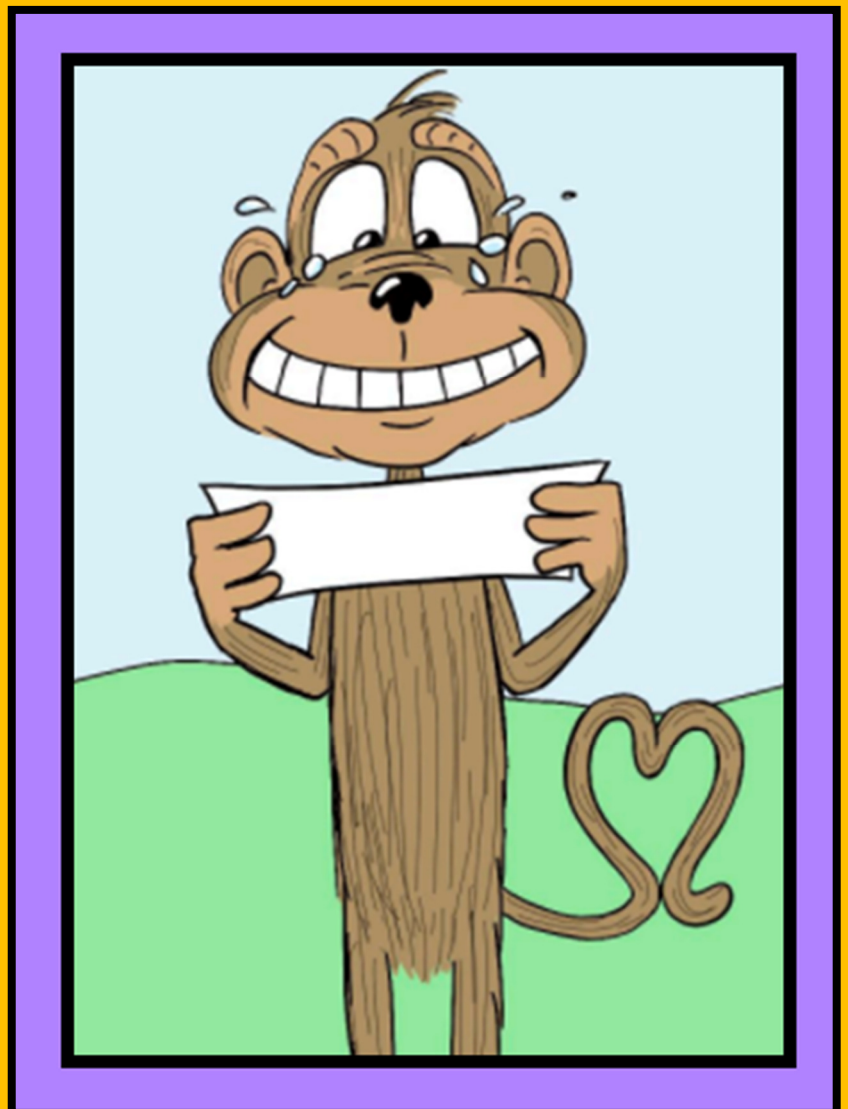
- Have you ever been in a situation where people weren't understanding you? How did you handle that?
- What are some things that you can do to better understand others?

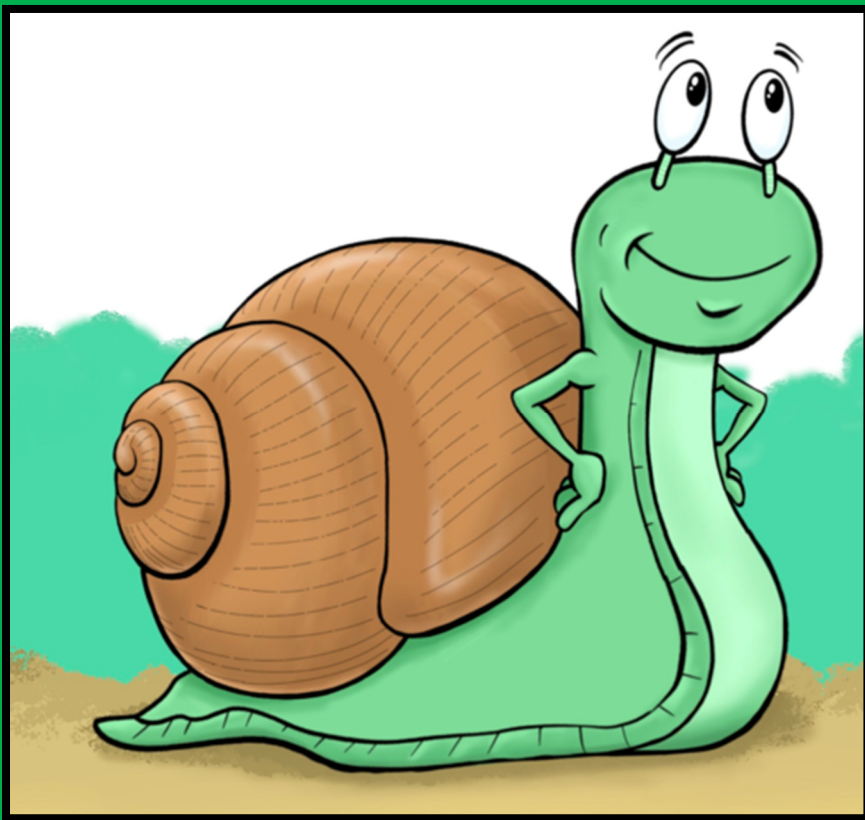
Movement Activity for the Rand-A-Bear section of the book -

Move along to our Rand-A-Bear song about accepting ourselves for who we are and accepting others for who they are!



OUR Rand-A-Bear Song
is currently UNDER
CONSTRUCTION





About Snail

Snail is the hero of our book. To be kind is wonderful, but Snail takes his kindness to a whole different level. He tries to help every new friend he comes in contact with while not getting much help in return. He refused to give his best even when he thought his best may not have been good enough.

Questions for the kids

- Do you know people in your lives that go out of their way to make other people's lives better?
- What is it about these people that

makes them so helpful?

Snail Kindness Challenges

Level 1 - 1 Day Challenge - Go out of your way to do something awesome for someone today.

Level 2 - 1 week challenge - Do one awesome thing for someone every day this week.

Level 3 - Come up with your own kindness challenge

*** The authors of the book would love to know what you come up with ***

Movement Activity for Snail - (Every buddy needs some buddy looking out for them!!)

Buddy challenges - Have a stuffed animal buddy for every kid or have them bring in their own. Give them the following challenges. (Please make sure the kids have plenty of room to participate and are showing appropriate self-control)

1. Find different ways to toss and catch your buddy
2. Find different ways to spin your buddy
3. Come up with a name for your buddy and share with others what their name is
4. Find different ways to balance your buddy
5. Come up with your own buddy challenges

The Buddy Dance - Feeling brave? Put on your favorite kid appropriate song and have them follow you. Use the challenges above or make up your own. Have the kids take over (Their moves are always more creative than us adults!!)

Heidi, the Hoppers, Max, Mark, Healthy Food Truck Jen, and Rand-A-Bear. They were all extremely upset with the ending of this book.



Alternate Ending Project

Lets go back to the story to where the characters of the book were very upset with how the story ended after Snail missed the Festival. Please make up your own ending to the story. Please feel free to send your alternate endings to our authors. They would love to hear what you come up with.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Some famous quotes that go along with our book

“Alone we can do so little, together we can do so much.”

~ *Helen Keller*

“There is no exercise better for the heart than reaching down and lifting people up.” *John Holmes*

“If you want to lift yourself up, lift up someone else.”
~ *Booker T. Washington*

“Teamwork makes the dream work”

John C. Maxwell

“A friend is someone who knows the song in your heart and can sing it back when you’ve forgotten the words.” ~
Unknown

“Together Everyone **Achieves More**”

“Don’t give up!
Don’t ever give up
~ Jimmy Valvano

“It doesn’t matter how slow you go as long as you don’t give up.
~Confucius

“The moment you accept yourself, you grow.”
~ Xan Oku

“The journey of a thousand miles begins with a single step
~ Lao Tzu

