

## ACT I: THROUGH THE EYES OF THE EAGLE

*Rain That Dances walks from side of stage.. Rain That Dances notices a bald eagle sitting on a tree stump/bench nearby. She slowly walks toward the bird making sure to be quiet and not to scare him off. Eagle allows Rain to get within arms reach of him.*

**RAIN THAT DANCES**

*(Thinking out loud.)*

Mr. Eagle, are you hurt? Why didn't you fly away when I got close to you?

**MR. EAGLE**

No, not hurt. But my feathers are low

**RAIN THAT DANCES**

*(Eyes opened wide and looking very shocked.)*

Your feathers are low?

**MR. EAGLE**

*(Nodding his head.)*

“Feathers are low” means I'm *sad*.

**RAIN THAT DANCES**

But why? Look around you. The clouds are puffy and white. The river is clean and blue. The sun is warm and yellow. So why are your feathers so low?

**MR. EAGLE**

*(Eagle puts his wing around Rain's shoulders.)*

As I soar about the clouds, I see the beautiful things you see. I see Brother Sun greet each morning. I see Sister Moon light the dark night.

**RAIN THAT DANCES**

*(Raises eyebrows in surprise.)*

Doesn't that make your feathers want to fly? Doesn't that make your spirit high?

**MR. EAGLE**

Wise Old Eagle told me stories about the world he saw each day. He saw people moving and planting seeds in Mother Earth to grow the foods that kept their families healthy and strong. Wise old Eagle saw people moving and working together to find food every day. The children even helped with the chores *and* played games *outside* with each other.

**RAIN THAT DANCES**

*(Looking in disbelief.)*

The children helped with chores?!

**MR. EAGLE**

Yes. Now, as I fly around, I do not see the children playing and moving around like the Old Wise Eagle used to see. Children are also eating foods that are not so healthy for them. That makes me sad and makes my feathers low.

*Eagle hangs hid head down in disappointment.*

**RAIN THAT DANCES**

Why should this make you sad?

**MR. EAGLE**

I am sad because this makes people sick. They are not as healthy as they can be. Many family members and friends are sick now with a disease they call *diabetes*. And the young children will get it too *unless* they make changes in their lives.

**RAIN THAT DANCES**

You do have reasons to be sad. Now I am sad too. What can I do to help my people be strong and healthy again?

**MR. EAGLE**

I had a dream last night about this very thing.

**RAIN THAT DANCES**

*(With excitement.)*

What can I tell them?

**MR. EAGLE**

There is much to tell. You can let people know that there are things they can do now. They can be healthy and will not have to get diabetes. Going back to some of their traditions, such as the food their ancestors used to eat, becoming active once again and passing those traditions on to their children are important.

In my vision, your people hold the answers. They just have to think back. Now it is getting late and you need to get home. If you come back tomorrow, I will be here. I will tell you more of what your people can do to be healthy and strong again.

**MR. EAGLE**

*(Mr. Eagle walks out of stage a bit and talks to audience)*

Rain That Dances learned a lot today.

And there is more to learn. Rain That Dances went home, got a good night sleep and woke up just as the sun was peeking over the mountains. So, everyone, let's all do a good morning stretch and welcome the sun and this new day.

Very good! Now let's see what's in store for Rain That Dances today.

*(Mr. Eagle goes back to stage area)*

**ACT II: KNEES LIFTED HIGH**

*Walking through the audience. Rain That Dances is walking to her best friend's house. Talking out loud to herself.*

**RAIN THAT DANCES**

Today Mr. Eagle is going to tell me what my people can do to stay healthy. I hope that Thunder Cloud can go with me.

**RAIN THAT DANCES**

Thunder, what are you doing today?

**THUNDER CLOUD**

Oh, nothing. Maybe watching some TV later. Why?

**RAIN THAT DANCES**

I met someone that is very interesting. You have to come meet him and see for yourself. You will never believe it if I just tell you.

**THUNDER CLOUD**

*(In an excited voice.)*

Sounds like fun!

**THUNDER CLOUD**

*(Said with excitement and impatient to know the answer. Doesn't want to wait)*

So, where are we going? Who are we meeting?

**RAIN THAT DANCES**

I told you - you have to see for yourself. Because you would never believe me if I told you.

**THUNDER CLOUD**

*(said with a whine and holding fingers up to signify a little hint)*

Not even a hint? Just a little one!

**RAIN THAT DANCES**

I'm telling you. You just have to see for yourself.

**RAIN THAT DANCES**

I wonder what the **Eagle** will tell us?

**THUNDER CLOUD**

*(Looking at her friend as if she were crazy.)*

Eagle?! What did you say?!

*Eagle enters SL.  
Both Rain and Thunder walk up to Mr. Eagle. Thunder has a shocked look on her face when she sees Mr. Eagle.*

## RAIN THAT DANCES

Good morning, Mr. Eagle. This is my best friend, Thunder Cloud. I wanted him to come with me so we can both hear about your vision for us.

## MR. EAGLE

Good morning to you as well. I am glad you have come early because I have a lot to tell you. I want you to see through my eyes, the Eyes of an eagle. Please, have a seat.

*Thunder is still somewhat in shock.*

## MR. EAGLE

Yesterday, I told you how people were more healthy in the past. When they were children, they played outside every day. They were strong and fit. As they grew up, they continued to be healthy. They kept their bodies moving by working hard and doing things that they enjoyed. I see some children who cannot run or jump and play because their bodies are not used to moving every day. This is what makes me sad and makes my feathers low.

## THUNDER CLOUD

Playing outside everyday makes us strong and healthy?

## MR. EAGLE

Yes, only now, through my eyes, I do not see children playing outside and keeping strong and healthy. Look down the hill and see your village. What can you see?

*Both Rain and Thunder look out toward the audience.*

## RAIN THAT DANCES

I don't really see anything, Mr. Eagle. Everyone must be inside their homes. What do you see through your eyes?

## MR. EAGLE

My eyes see the children staying inside - spending too much time watching TV or just sitting with their video games and computers. What if I could not fly because I did not use my wings enough? Do you know why it is important to play and keep your bodies moving?

**THUNDER CLOUD**

*(Confidently.)*

Sure, so we don't get bored! That is a silly question you have asked, Mr. Eagle.

**MR. EAGLE**

*(Shaking his head no.)*

Actually, it is not a silly question at all. Yesterday, I told Rain That Dances that many of your people are getting very sick from a disease called diabetes. Even some young people have diabetes now.

**THUNDER CLOUD**

What is di-uh-bee-tees?

**MR. EAGLE**

Diabetes is when your body does not use the food you eat the right way. So there is too much sugar, or glucose, in the blood. It can make people sick if it is not in balance.

*Both Rain and Thunder look confused.*

Just as your tummy is in balance when you eat the right amount of food. Not too much, not too little, but just right. Your body needs to have just the right balance of sugar in your blood.

*Both now seem to understand and nod in agreement.*

**RAIN THAT DANCES**

How can we keep from getting diabetes?

**MR. EAGLE**

One very good way is to do something every day to get your body moving. *(Mr. Eagles shakes his feathers and moves a bit)*

So how can you get your body moving?

*Both now fully understand what Eagle is saying.*

## RAIN THAT DANCES

Like this!

*Rain begins to jump up and down doing silly jumping jacks.*

## THUNDER CLOUD

*(Laughing and pointing.)*

You look pretty silly.

## MR. EAGLE

She doesn't look silly at all. Rain That Dances is moving her arms and legs in a fun way. Moving around is a good thing for everyone, young and old. It is not good to be sitting all the time.

## THUNDER CLOUD

Can you tell me what else I can do to get my body moving? I want to stay strong and healthy.

*Thunder makes a muscle flexing gesture.*

## RAIN THAT DANCES

*(Making the same gesture.)*

Me too!

## MR. EAGLE

You can do many fun things like riding your bike.

## RAIN THAT DANCES

What about dancing or playing soccer or tag? *(RTD acts these out kind of around TC – takes up some space on the stage and moves her whole body while doing them)*

## MR. EAGLE

Those are very good ways to have fun. What else can you and your friends do?

### THUNDER CLOUD

Play video games! That keeps my thumbs moving.

*(Thunder makes game movements with her thumbs.)*

*Mr. Eagle shakes his head at Thunder Cloud.*

### MR. EAGLE

It is okay to play with your video games *once* in a while, but *not* all the time. Can you think of other games to play and activities you can do that would move your whole body?

*Rain and Thunder look at each other and shrug their shoulders.*

### MR. EAGLE

Here is an something you can do. Why don't all of you join along?

*Eagle says to the audience.*

### MR. EAGLE

*(says to audience also – makes a gesture for all to join in)*

Are all of you ready to move your body, too? Let's take a deep breath in and then let it out. Let's look up at the sky and look down at the ground. Look side to side and see what we can see.

### RAIN THAT DANCES

*(say this at a pace that allows the audience to do the actions too)*

Let's touch our nose, first one hand and then the other. Let's touch our toes and then stand up straight. Let's tap our feet on the ground. Left foot first, and then the right foot.

### THUNDER CLOUD

*(say this at a pace that allows the audience to do the actions too)*

Let's clap our hands and march around with our knees lifted high as they leave the ground. Let's flap our arms and pretend we can fly.

### RAIN THAT DANCES

*(say this at a pace that allows the audience to do the actions too)*

Let's all be Eagles flying high in the sky.



**MR. EAGLE**

*(say this at a pace that allows the audience to do the actions too)*

Let's jump like a rabbit and see how high we can go. Let's hop on one foot and then hop on the other. And see if we can go a little bit higher.

**MR. EAGLE**

*(say this at a pace that allows the audience to do the actions too)*

We jump and jump. We're having fun! This is one way to stay healthy, one way to stay strong.

*(Mr Eagle says to audience as he calms them down with hands/feathers)* Thank you for moving with us. Great job! Now please have a seat and listen to the rest of our story.

**THUNDER CLOUD**

This is fun! Now I know what you mean about moving my body. I am going to tell my family and friends what you have told us, Mr. Eagle. I want them to start moving their bodies to be healthy and strong. Maybe they can play a game with me.

**RAIN THAT DANCES**

Me too! Thank you for taking the time to talk to us.

**THUNDER CLOUD**

Will you be here tomorrow?

**MR. EAGLE**

Of course I will be here, and I will bring a friend who wants to tell you more about what you can do to stay healthy and strong.

**THUNDER CLOUD**

*(said very excitedly as TC tends to do!)*

Who are you bringing? Can you give us a hint or do we know them?

**RAIN THAT DANCES**

Can't you just let it be a surprise?

*Rain shakes her head and grabs Thunder by the arm.*

**RAIN THAT DANCES**

Come on. Let's go. See you later Mr. Eagle!

*Rain and Thunder exit SR.*

**MR. EAGLE**

*(Walks out to audience to talk to them again)*

So, how would *you* like to meet my friend?

Good! I will go look for her now. *(Goes back to stage area as Miss Rabbit comes out to join him on stage.)*

ACT III: PLATE FULL OF COLOR

*Rain and Thunder Cloud enter together from SR.*

**RAIN THAT DANCES**

It may rain today. We may not have much time to meet the great bird.

**RAIN THAT DANCES**

We better hurry before the rain starts. I cannot wait to see Mr. Eagle!

**THUNDER CLOUD**

Yea, me too!

*Both walk off SR still talking. They quietly rush behind stage to re-enter SL. Eagle and Rabbit are waiting by stump.*

**RAIN THAT DANCES**

We are here!

*Mr. Eagle starts flapping his wings and Miss Rabbit starts jumping around with excitement*

**MR. EAGLE**

It's good to see you again. I would like you to meet my friend, Miss Rabbit. Miss Rabbit will tell you many things that you can do to stay strong and healthy.

*The kids gather around and sit on the stump.*

**MISS RABBIT**

Hello Rain and Thunder. Have you ever heard your Grandparents speak about Mother Earth?

*The kids look at each other.  
Rain raises hand and waves it.*

**RAIN THAT DANCES**

My Grandmother has told me many times that I need to take care of Mother Earth.

*Mr. Eagle and Miss Rabbit nod in agreement.*

**MISS RABBIT**

Your Grandmother is a very wise woman. You have to take care of Mother Earth because she gives us many gifts.

*The kids look at each other confused  
and not fully understanding. Thunder  
slowly lifts hand to ask a question.*

**THUNDER CLOUD**

*(TC says with excitement)*

What do you mean by gifts?

**RAIN THAT DANCES**

Yea, what do you mean?

**THUNDER CLOUD**

I don't get it. You mean we have presents hidden somewhere!?

*Thunder jumps up and starts to look  
around. Miss Rabbit and Mr. Eagle  
shake their heads and giggle.*

**MISS RABBIT**

Calm down Thunder Cloud. These are not the types of gifts you are looking for.

*Disappointed, Thunder sits back down.*

**THUNDER CLOUD**

They aren't? Well, shucks!

**MISS RABBIT**

Mr. Eagle tells you how you need to play and have fun and keep your body moving. You would not be able to do that if you did not have Mother Earth to walk upon. That is a gift. Walking and running on Mother Earth helps keep your spirit strong.

*Miss Rabbit kneels to pick up a flower by the stump.*

**MISS RABBIT**

You see this flower?

*Group nods their heads.*

**MISS RABBIT**

This flower is also a gift from Mother Earth. She grows flowers of many colors for you to enjoy. What else can you think that Mother Earth gives us?

*Kids start looking at each other and then look around.*

**RAIN THAT DANCES**

*(Hesitantly.)*

I guess she gives us things that... grow?

*Miss Rabbit jumps up and down with excitement.*

**MISS RABBIT**

You are right, Rain That Dances. She also gives us food to eat and water that helps the food to grow. I want to tell you about these foods now. What do you think I eat?

*Rain raises her hand with confidence.*

**RAIN THAT DANCES**

I know! You eat grass.

**THUNDER CLOUD**

And carrots! I have seen you in my Grandmother's garden eating the carrots.

**MISS RABBIT**

*(Laughing.)*

I guess I have eaten from many gardens in the village. I eat from the gardens because I want to stay healthy. I also like what grows in the gardens.

*Thunder makes a face in disgust and hangs her head low.*

**THUNDER CLOUD**

I will not eat things from the garden. Those are for rabbits.

*Miss Rabbit hops over to Thunder.*

**MISS RABBIT**

The fruits and vegetables that grow in the gardens are food for you to eat, too. Not just rabbits. They are very good for all of us. Let's think of what else grows in the garden.

*Kids think for a moment.*

**RAIN THAT DANCES**

Green beans and squash!

**THUNDER CLOUD**

Cucumbers and tomatoes!

**RAIN THAT DANCES**

Corn and watermelons!

**MISS RABBIT**

You are both right. I have eaten many of these. What else have you seen growing?

### RAIN THAT DANCES

We have apple trees in our yard.

### THUNDER CLOUD

My Grandmother has wild strawberries and grapes growing in her yard.

### CHILDREN

*Mmmmmmm.*

### MISS RABBIT

Mother Earth grows the fruits and vegetables for us to eat. Have you eaten many of these fruits and vegetables?

### RAIN THAT DANCES

I have. Especially the strawberries! I also like to eat corn.

*Everyone looks at Thunder Cloud whose head is down.*

### MR. EAGLE

Thunder Cloud, do you eat any of these foods?

### THUNDER CLOUD

*(Thunder has his head down.)*

I eat some fruit, but I don't like vegetables. And I don't eat vegetables that grow in the garden. My mom gets vegetables from the store.

*Miss Rabbit hops over to Thunder.*

### MR. EAGLE

You can eat vegetables from the store. But first, the vegetables have to be grown in someone's garden.

### MISS RABBIT

Just as Mother Earth gives us flowers of many colors, she also gives us fruits and vegetables of many colors. Carrots are orange. Squash is green or yellow. Tomatoes, apples and strawberries are...?

**RAIN THAT DANCES**

Red!

**MISS RABBIT**

Yes, and grapes and plums are...?

**RAIN THAT DANCES**

Purple!

**MISS RABBIT**

That's right. Cucumbers are green and pumpkins are...?

**RAIN THAT DANCES**

Orange!

**THUNDER CLOUD**

Why are we talking about fruits and vegetables and colors anyway?

**MISS RABBIT**

*(To audience and TC.)*

Because it is important that growing children eat enough fruits and vegetables every day to grow strong. You told us that you do not like vegetables. Have you ever tasted vegetables?

**THUNDER CLOUD**

*(Crossing arms.)*

No, I don't think they taste good. I just like the other food my mom makes.

*Miss Rabbit puts her hand on Thunder Cloud's shoulder.*

**MISS RABBIT**

You will never know how they taste unless you taste them to find out.

**THUNDER CLOUD***(Wrinkling her nose.)*

Oh, okay. Next time my mom makes vegetables I will try them. I want to be healthy like my friends.

*Kids get excited.***MISS RABBIT**

Pick out vegetables of different colors and try one at a time. You may find some that you like. After all, different colors have different tastes. Does corn taste like carrots?

**CHILDREN**

No!

**MISS RABBIT**

Eating all kinds of fruits and vegetables is good for all of us.

**RAIN THAT DANCES**

But how can we eat that many fruits and vegetables every day? Is anyone ever THAT hungry?

**MISS RABBIT***(To audience.)*

Good question, Rain. Here's what I do: I eat fruits at breakfast. Fruits and Vegetables at lunch. For my snack I have a fruit or a vegetable. And, then, at Dinner I make a whole plate full of color!

*Rain jumps to her feet.***RAIN THAT DANCES**

You're right! I like to eat all the time. For a snack, I can eat some strawberries instead of a cookie, or sliced cucumbers instead of potato chips, or grapes or a plum instead of candy.

*Thunder Cloud is still sitting.  
Everyone looks at her.*



**MISS RABBIT**

What can you do to eat a vegetable Thunder Cloud?

*Thunder Cloud slowly stands up.*

**THUNDER CLOUD**

I guess I can try and eat some carrot sticks.

*Everyone reacts excitedly.*

**MISS RABBIT**

(Jumping around the stump.)

I know you can do it!

**MR. EAGLE**

Yes, you can! Every time we eat is a time to eat fruits and vegetables!

*(Looks up)* Looks like rain will be coming down to give the gardens a drink. You two better start home before it begins to fall. Come back after the rain and I will tell you MORE ways to stay healthy and strong.

**CHILDREN**

(Walking off SR.)

*Both wave and say bye!*

**RAIN THAT DANCES**

*(calls back over her shoulder)*

We will be back after the rain! Thank you for telling us about the plate full of colors!

**THUNDER CLOUD**

*(Calls back to Miss Rabbit as they are leaving)*

Bye Miss Rabbit. Thank you!

**MR. EAGLE**

*(walks to audience again)*

Well, boys and girls, Rain That Dances and Thunder Cloud made it home before the rain and Mother Earth got a nice drink of water for all her fruits and vegetables.

*(Looks up.)*

And now I see that the clouds are clearing and the sun is coming out once again. I better get back for the last visit. *(He says in a knowing manner and like he is letting the audience in on a secret. Coyote begins “prowling” around.)* Miss Rabbit will be here but I have a feeling that someone else might be joining us as well. *(Walks to backstage area.)*

#### ACT IV: TRICKY TREATS

*Rain That Dances and Thunder Cloud enter together walking through the audience. Both are carrying backpacks and are ready for their day out with Mr. Eagle. Coyote and Miss Rabbit come out to join Mr. Eagle.*

#### RAIN THAT DANCES

This is our last day with Mr. Eagle and I want to spend every minute I can with him. So I packed some snacks in case we get hungry. Are you ready to go?

#### THUNDER CLOUD

Yes, and it seems we have plenty of snacks. Guess we thought about food today.

*Thunder rubs her stomach as Rain laughs.*

#### RAIN THAT DANCES

Look, there is Mr. Eagle!

#### MR. EAGLE

Good morning Miss Rabbit and who do we have here? Coyote, why are you here today?

*Mr. Eagle looks at Coyote suspiciously.*

**COYOTE**  
(Trying to look innocent.)

Miss Rabbit told me you were talking to the children about staying healthy. I just wanted to join in. Is that okay?

*Mr. Eagle rubs his chin and thinks.  
He knows that Coyotes like to play tricks on people.*

**MR. EAGLE**  
(Pointing at Coyote.)

You can stay, Coyote, but I do not want you to trick the children.

**COYOTE**  
*(Coyote says this with a sly lilt to his voice and a bit directed to audience. He is almost salivating to trick the kids but thinks he is tricking Mr. Eagle too)*  
Thank you.

*Children walk up to the stump.*

**MR. EAGLE**  
Good morning everyone. This is Coyote. He wants to learn about staying healthy, too.

**THUNDER CLOUD**  
Hello, Coyote. We brought some snacks today in case we get hungry.

**MR. EAGLE**  
That is good because that is what I want to talk to you about today. I know everyone likes to snack. But do you know there are *everyday* snacks and snacks that are to be eaten *only* sometimes?

*Coyote raises his hand to Mr. Eagle,  
signaling Mr. Eagle to stop talking.*

**COYOTE**  
(Crossing to SR while saying lines.)  
Whoa! What do you mean everyday and sometimes? I think we should eat anything we want to when we are hungry.

*Mr. Eagle and Miss Rabbit get flustered  
and jump up and down.*

**MR. EAGLE**

This is why I want to talk to the children. I think the best way to talk about this is to see what you have in your backpacks.

*Children begin to open their bags for inspection.*

**RAIN THAT DANCES**

I went to the store with my mom and I think we did a good job picking some healthy snacks.

*Rain takes carrots out of her bag.*

How is this for an everyday snack?

*Coyote, snickering, shakes his head at what Rain brought.*

**COYOTE**

Gee, that is such a small snack. That is not enough. Wait, I will be right back.

*(Coyote runs off SR and takes the backpack from the one of the team who is planted in the audience so that the audience thinks Coyote is stealing the back pack from someone).*

**MR. EAGLE**

Hooray for you, Rain! That is a good size and a healthy snack food for every day.

*Rain high fives Thunder.*

**MISS RABBIT**

Those look delicious and they are something that you can grow yourself in a garden.

*Coyote comes back on SL carrying a bag.*

**MR. EAGLE**

Coyote, where did you get that backpack?

**COYOTE**

Oh, I found this beside the road and it didn't seem to belong to anyone. I bet there are some great treats in this bag.

*Group looks at Coyote, then the bag,  
then back at Coyote as he  
dumps out the bag of snacks.*

Now this is what I'm talking about. THIS is a great snack.

*Coyote waves a bag of cookies  
under everyone's noses.*

**THUNDER CLOUD**

Can I have some?

*Eagle stares at Thunder Cloud.*

**MISS RABBIT**

Thunder Cloud, it is not safe to eat food that you find lying around.

Let's see what other snacks we have.

*Everyone looks back at Rain as she  
continues to take food from her bag. Eagle  
and Rabbit are smiling because Rain takes  
out bottled water. Coyote shakes his head.*

**COYOTE**

*(Picking up pop and chips from floor and holding them overhead.)*

I have soda pop and potato chips.

**MR. EAGLE**

That soda pop is a sometimes food because it has too much sugar in it. Water is better. Water is a gift from Mother Earth and something we should have every day. Potato chips are also a sometimes food.

**RAIN THAT DANCES**

*(Crossing to Coyote and placing hands on hip and shaking a finger at him as she speaks.)*

Coyote, I know what you were trying to do. You were trying to trick us and you better stop it. We will listen to Mr. Eagle so that we can grow up strong and stay healthy.

*Coyote lowers his head and  
Eagle stands proud because  
of what Rain said.*

**MR. EAGLE**

Now, Thunder Cloud, let's see what you have in your backpack?

**THUNDER CLOUD**

*(Hesitantly.)*

Well... I was in a hurry this morning and now I think I didn't make the best choices.

**MISS RABBIT**

*(Putting her arm around Thunder Cloud from right side.)*

You know, sometimes we don't always choose the best snacks. But we can still eat the sometimes foods once in a while. Just not all the time. So what did you bring?

*Rabbit holds backpack for Thunder.  
Thunder pulls out sugared cereal.*

**MR. EAGLE**

Now, let's talk about this cereal. What makes *this* cereal a *sometimes* food?

**RAIN THAT DANCES**

Sugar!

**MR. EAGLE**

That's right!

**COYOTE**

*(Sneaking up from behind and Grabbing cereal from Thunder Cloud.)*

I like this cereal.

MR. EAGLE

Because of the *sugar*, this is *not* an everyday food.

*Thunder looks in her bag  
and pulls out a peach.*

THUNDER CLOUD

How about this fruit?

MR. EAGLE

*(nodding head yes and Smiling.)*

What a good choice! Now that wasn't hard, was it?

THUNDER CLOUD

No, but you do have to think about it sometimes. But I know it will get easier to make healthy choices the more I do it.

MR. EAGLE

When picking a snack or a treat, we need to make sure that it does *not* have a lot of sugar in it. We also need to remember that *small* amounts are better.

MISS RABBIT

Everyone cup your hands. The amount in one hand is about 1/2 cup, that is a good size snack.

MR. EAGLE

Coyote, I hope you will not try to trick the children into eating something you know is not good for them. And I hope you will return that backpack where you found it.

COYOTE

*(Coyote lowers his head.)*

I am sorry I tried to trick the children. I promise not to do that again.

MISS RABBIT

So what have we learned today?

**RAIN THAT DANCES**

*(Waving her hand.)*

I know. Eat fruits and vegetables and choose every day foods for snacks and eat small amounts.

**THUNDER CLOUD**

Eat *sometimes* food *less* often.

**COYOTE**

Drink water and don't take something that does not belong to you.

*Everyone nods in agreement.*

**THUNDER CLOUD**

Move your body every day to help stay healthy in body and spirit.

**MISS RABBIT**

Try growing your own vegetables.

**MR. EAGLE**

I will always be flying above to see how you are doing. And when you see me, you will remember what I have told you. Now let us share the snacks that you have brought today and then you may go home.

*The kids sit down and begin unpacking their bags.*

*(Pass out snacks to the audience.)*

*Coyote is about to sit when Eagle says...*

**MR. EAGLE**

Coyote, you need to return the backpack. It belongs to someone. We will surprise the person by putting the book "Through the Eyes of the Eagle" in there – the book about us!

*Eagle picks up book to put in backpack.*

**RAIN THAT DANCES**

Diabetes might even go away some day. Mr. Eagle will no longer be sad as he watches us from above.



**MR. EAGLE**

My new friends have heard my stories and will be strong in body. And like mine, their spirits will soar high with happiness knowing that their future is bright.

*Team members in audience will have to start the clap for the end to let them know it is over. Then, the team member doing the chant comes out and says thank you to actors and audience and leads the audience in the Eagle chant. Thunder and Rain come out to do chant. Then the classes are thanked and told it is time for the teachers to take them back to class.*