



Family Pack: Week 5

Week 5 envelope includes the following items:

"A Tiny, Little Snail" Story
Beverages that Beat Pop List
How Much Sugar . . . Sheet
4th Grade Return Card: Week 5

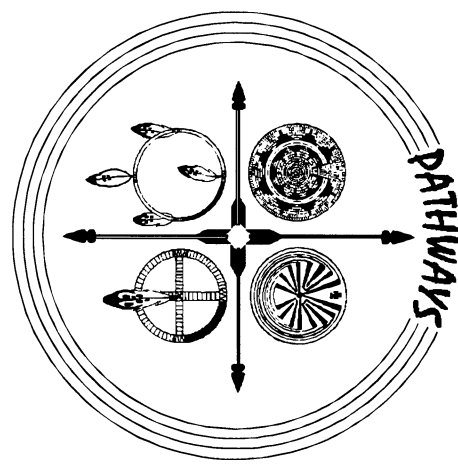
Items students should put into their own bag:

| | |
|------------------------------|----------------------------|
| Family Pack: Week 5 Envelope | 1 |
| Diet Pop or Bottled Water | 1 – 1 liter plastic bottle |

Week 5

Week 5

Family Pack



(Student's Name)

Week 5

Week 5

A Tiny, Little Snail

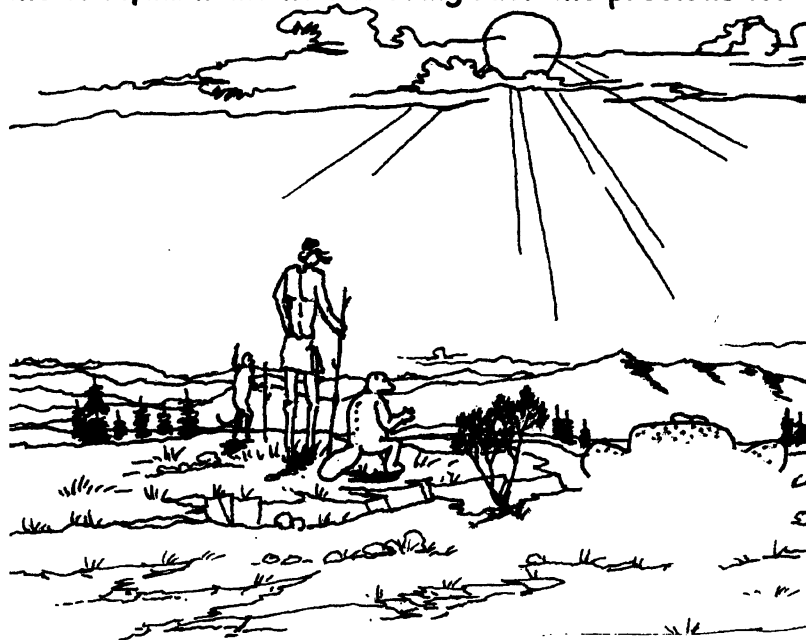
Adapted from Navaho! Folk Tales by Franc Johnson Newcomb

Illustrations by: Timothy Billy, a member of the Navajo Nation

The Navajo people knew that they had to find tó² (water) to drink or they would die. They would not live long if they drank the muddy water that was around them.

They heard that under the lower world mountains in the ocean was a beautiful, clear and pure tó biyaazh³ (spring water). This was what they needed to survive.

There was a gathering of all the people. They talked about how to reach the tó biyaazh and how to bring back the precious tó.



¹ Navajo is the current spelling, legislated by Navajo Nation Council.

² Tó (Tóh) means water, liquid.

³ Tó biyaazh (Tóh bi-yaa-zi) means spring water, an offspring of water.

An elderly man took his necklace of white shell beads and wound the necklace around and around his hand. Then, he added pitch from the pine tree to seal any holes. Now, the necklace had become a tóshjeeh⁴ (water bottle).

People were asked to volunteer for this dangerous trip as the ocean was big and salty. Right away, Brown Otter and a Gray Beaver said they wished to go. Everyone cheered for them.

After a long wait, Otter and Beaver returned to the shore. It was hard to recognize them at first. They were covered with water plants.

Finally, Otter slowly spoke, "We are so sorry. We were so happy to find these new water plants to eat that we forgot what we were to do."

There was a big, loud groan heard among the people. Again, they sought volunteers. This time, two young men, Hosteen Turtle and Hosteen Frog stepped forward. Each one was admired for being a very strong swimmer.

Together, they dived into the ocean. After several days, they finally appeared. They were cramped and weary after their long swim.

Frog's eyes bulged and he couldn't straighten his back. Turtle had broken his shell and had glued the pieces back any old way. They were both so exhausted that they just lay on the ground.

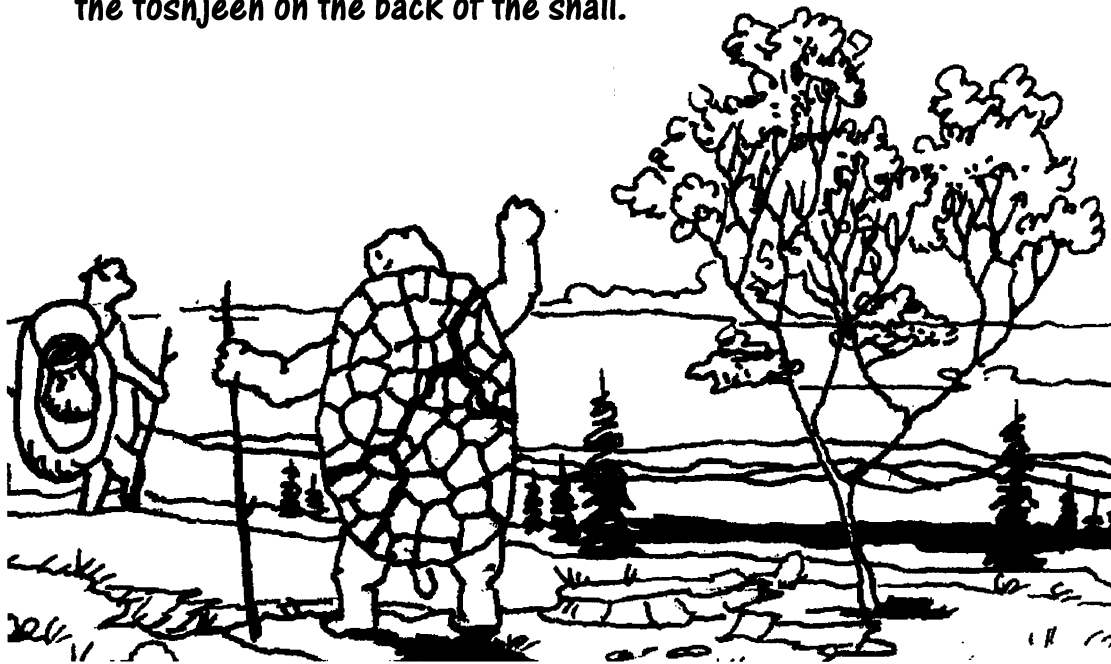
⁴ Tóshjeeh (Tóosh-jeeh) means water bottle, made with pine tree pitch.

Everyone was anxious to be the first to have a taste of water. They crowded around the white shell water bottle. "Phew," a loud gasp was heard as everyone backed away. Someone said, "This water stinks. No one can drink it. Why, it is full of water bugs, weeds, and green moss. This water is bad."

Now, everyone grew silent because the people were sure to suffer without water. Their strongest swimmers had failed. They could not think of what to do next.

In that long silence, a small, little voice was heard, "Let me try."

Turning towards this voice, they say a tiny, little snail. Everyone burst out laughing at this offer by the snail. Ha! Ha! How could such a tiny, little snail succeed? Nevertheless, they finally tied the tóshjeeh on the back of the snail.



Snail moved his tiny feet so very slowly and very carefully. When he reached the ocean, his feet dragged through the deep mud. Yet, the tiny snail refused to stop. He walked until he had found the lower world mountains.

On the land, the people grew tired of waiting for the tiny snail to return. At last, they decided that a water monster must have eaten the snail. They told each other that it was no use to wait any longer. So, they went back to their homes.

After a long, long time, the little snail slowly came out of the ocean. He looked around but there was no one to greet him. The little snail became sad and hung his head. He felt so tired and weary.

Gaining a little strength, the snail decided to find the people. He walked slowly along a dry path and moved with tiny steps up a big, steep hill.

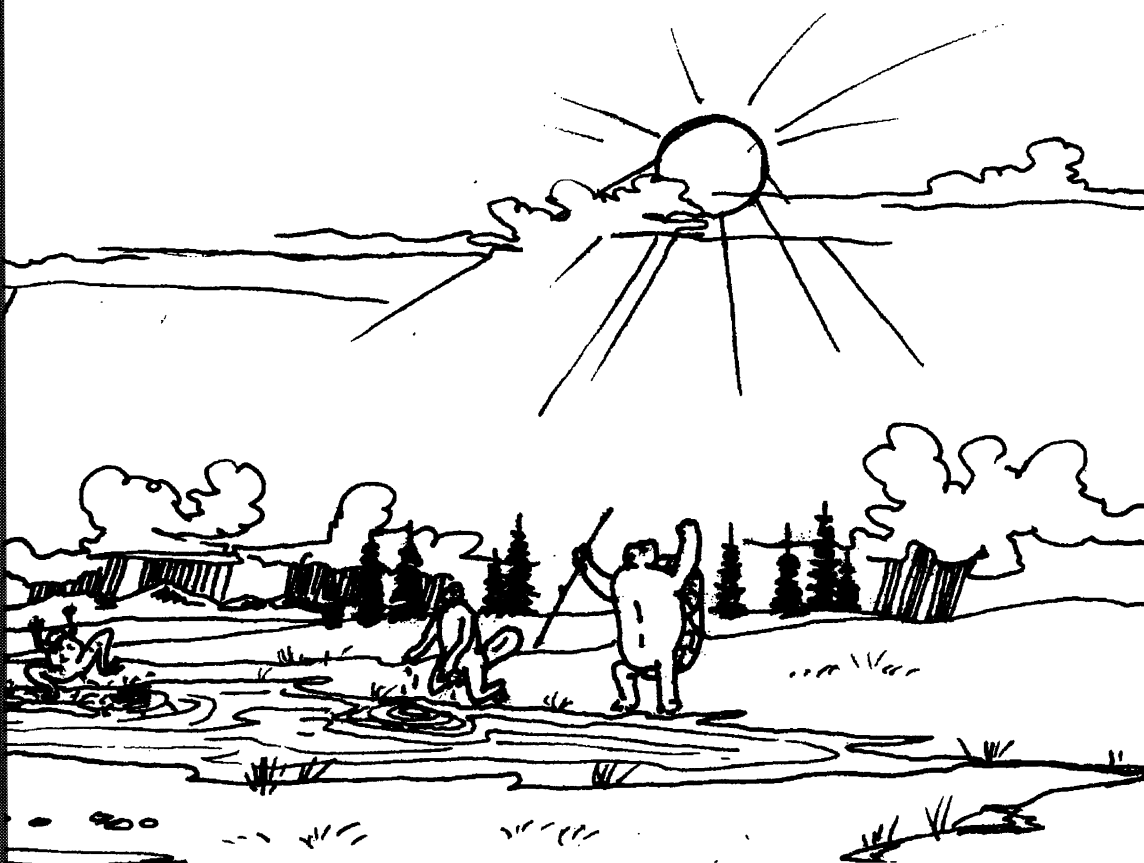
As the tiny snail climbed the hill, his burden seemed to be getting lighter and lighter. Stopping to look back, he saw a hole had been made in the tóshjeeh as he dragged it over the dry ground. Suddenly, he saw that all the tó had trickled onto the ground.

Snail was ashamed and sad when he saw this. It had been such a long journey! How could he have come all that way just to lose every drop of tó?

He stopped walking and started crying. He was miserable! Then, he climbed right into the tóshjeeh and pulled a blanket over the opening. He was sad that he had failed.

As he slept, the little snail heard someone singing outside. He peeped out and saw a crowd of people. They were calling out snail's name and thanking him with their songs.

He couldn't believe what he saw! The trickle of water from the tóshjeeh had turned into a big river of tó that moved towards the ocean. Lakes and springs were all over the land. Now, there was pure and sweet water for everyone to drink.



Beverages that Beat Pop

Water

Water Rap

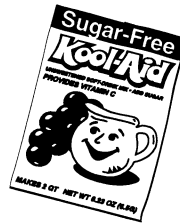


When you're thirsty.
Here's what to do.
Choose water to drink.
It's best for you!

Diet Pop



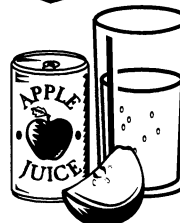
Sugar-free Kool-Aid



Skim or 1% Milk



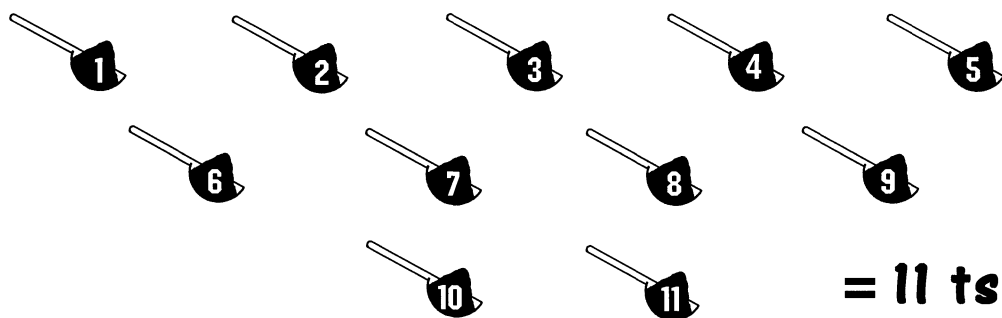
100% Fruit Juice



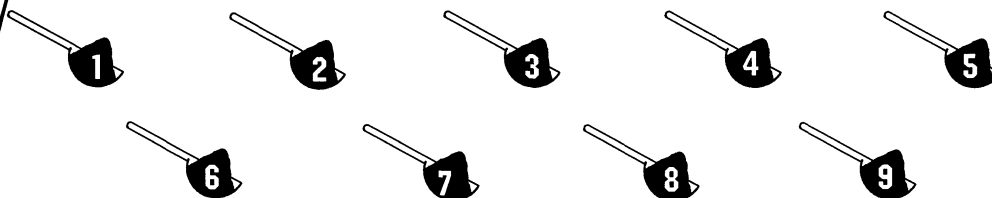
Sparkling Water



How much sugar is in the beverage you drink?



= 11 tsp
of sugar



= 9 tsp
of sugar



=
0 tsp
of
sugar!

Week 5

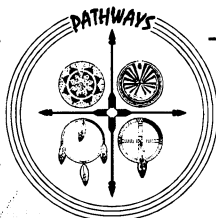
Pathways Family Pack 4th Grade Return Card

Week 5

Our family completed the Week 5 Family Pack! ☐ YES ☐ NO

What are two Everyday Beverages your family likes to drink?

Student Name (Print)



Student Signature

Adult Signature

Today's Date

Reminder: Please return this card to your teacher.

Teacher's Name

Week 5

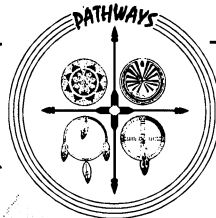
Pathways Family Pack 4th Grade Return Card

Week 5

Our family completed the Week 5 Family Pack! ☐ YES ☐ NO

What are two Everyday Beverages your family likes to drink?

Student Name (Print)



Student Signature

Adult Signature

Today's Date

Reminder: Please return this card to your teacher.

Teacher's Name



Family Pack: Week 6

Students will take home these handouts:

"Cooperative Village" Story
Hand Print Direction Sheet

Cooperative Village Story

Credits: Emmett and Jean White, members of the Gila River Indian Community.

Illustrations by: Ivan Brown, 12 years old, member of the Gila River Indian Community.

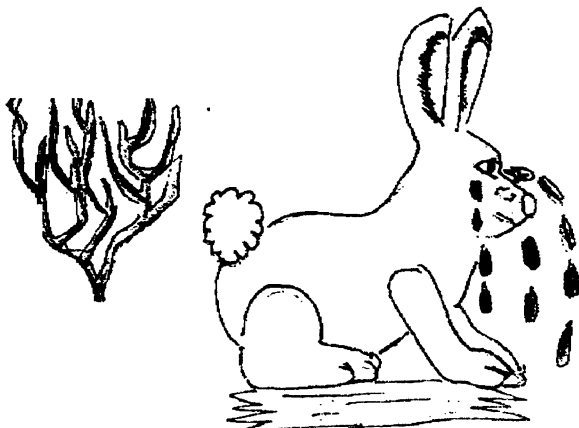
The elderly Storyteller leaned forward. He said, "I'd like to tell you about the O'odham people. They are a generous people who shared with others. They had great farms and liked to play lively games."

He looked at the students saying, "Maybe you would rather hear about how some animals were changed because of a rough ball game."

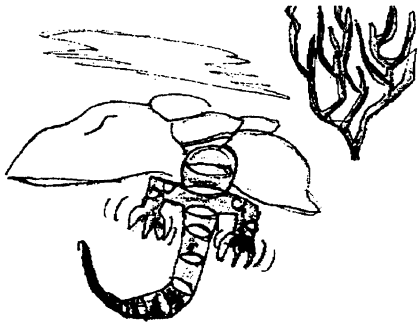
The students started clapping so he would know that they wanted to also hear this story.

Storyteller said "Once, long ago, the animals played games. They tried to play, but they were too rough.

"An animal was chosen to be the ball for each game. The ball game lasted until whoever was the ball got kicked too hard and would cry or run away.



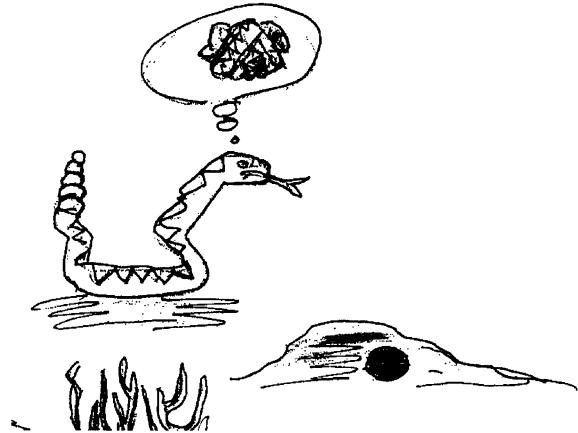
"The little animals were usually chosen to be the ball. Rabbit would cry so he would not be chosen. In those days, he couldn't run fast so he was easy to catch.



Snake didn't like to play. He was always rolled into such a tight ball that he would get dizzy and full of cramps.

"Fat Lizard hid in any crack to avoid being chosen.

"Since that time, Rabbit got the strength to run fast. Nobody can catch him when he is running. Snake grew fangs so he warns everyone not to bother him. And, the lizard became skinny."



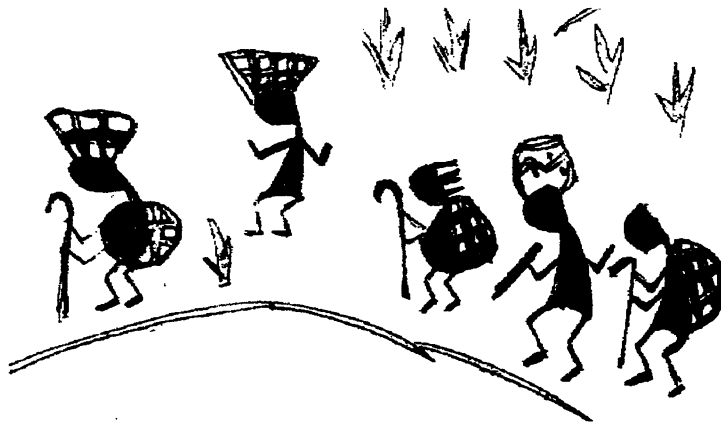
The students laughed about how the animals played their ball game.

The Storyteller got serious and said, "In olden days, our people took care of each other. The strong helped those who were less-fortunate or those who were needing help. This often happened when houses were being built, or when there was a tragic event, like a crop failure. To do this, a Name-Calling Dance was held.

"The men would hold a council and send a wise man to the village that had lost their crops. It was his duty to find out the names of these people. Meanwhile, a runner was sent to every home in the village for donations of food.

- 1 *Saguaro* (Sa-wa-ro) is the Spanish name for the giant cactus that the O'odham called the Ha:san.
- 2 *Mesquite* (Mes-keet) is the Spanish name for a spiny tree or shrub that has an edible sugary, beanlike pod.
- 3 *Cholla* (Ch-o-ya) is a cactus plant that has buds which are eaten like a vegetable.
- 4 *Pinole* (Pin-o-le) is a ground wheat that is made into cakes.

"People would gather squash, wheat, melons, corn, beans and special foods like saguaro syrup,¹ mesquite² cakes, cholla³ fruit, and pinole.⁴ These were put into baskets to be given to the villagers.

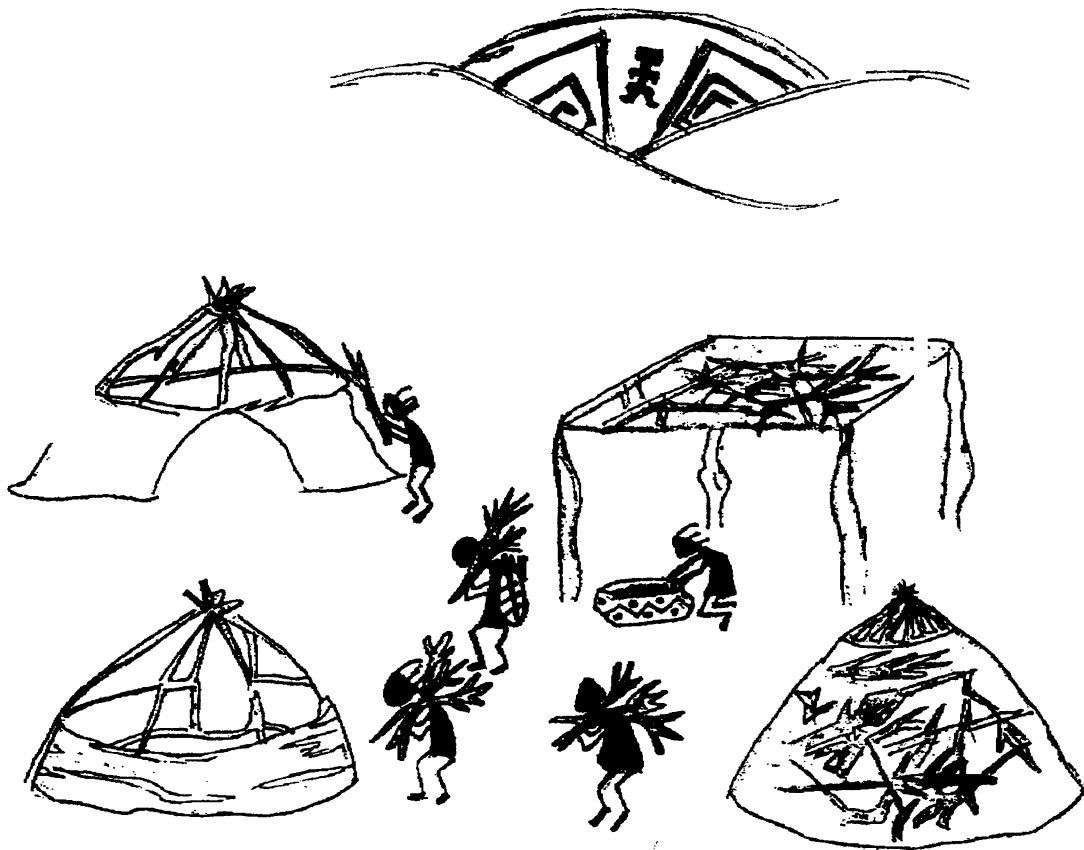


"On a certain day, the invited guests came to a feast. After eating, the singers began a song by calling out the name of each invited villager. One by one, they joined in dancing. Afterwards, they were told to take the baskets of food to their homes.



"Many speeches were made throughout the day. The gratitude of the invited guests was deeply felt. They knew that they could not survive without these gifts and the offer of help from the other villagers."

"Among the O'odham villages, there was one village whose generosity was well-known. This whole community came together to help each other to build their homes. They shared their labor just as they shared their food. Because of this, they became known as the Cooperative Village. This village existed before the coming of the whiteman and can be found in the Gila River Indian Community."



Hand Print Page

Directions for parent or guardian on family team: Hand prints of the adults who are an important part of each Pathways fourth grader's life will be added to a special Pathways classroom quilt. Please trace one of your hands on this paper. Write your name and today's date in the middle of your hand print. Give your hand print back to your fourth grader to cut out and take back to his/her classroom. Thank you!