



Together we can prevent diabetes!

Snake (Sinti') Dance

Dancing is a fun and easy way to spend time with the family. The snake dance is a traditional dance for many First American tribes. Snakes are thought to have no fear. They are patient hunters and may strike at anytime.

Make a rattle at home with plastic bottles, dried beans and other items around the house to use in the dance. Then, ask your child to shake the rattle to begin the dance or dance to the beat of a fun song!

Repeat the dance as many times as you like with different leaders and prey. The leader can choose to make the dance graceful or zigzag around the space for a little extra fun.

After the dance, show how much you care about your child's health by making a healthy snack with fruits and vegetables for them to enjoy. For a fun snack idea, try one of the snake snack recipes.

Sinti'

is Chickasaw for snake

In the Eagle Books, Mr. Eagle teaches children how to be healthy and prevent diabetes.

Make memories with your children by reading the Eagle books, trying the Eagle recipes and spending time outdoors. They will use these lessons for a lifetime!

What to do:

1. The leader or first person in line will be the head of the snake. The last person will be the tail.
2. One person will need to be the prey and stand still.
3. Everyone should line up with their shakers.
4. The leader will then lead the dance to the music, shaking the rattle. Dance around the space and then circle in on the prey, capturing it just like a snake would do.



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