



Together we can prevent diabetes!

Turtle (Loksi') Race

Turtle races can be a fun, family activity. You can pretend to be turtles and have a family race. Before starting the race, find a disc, paper or plastic plate to use as a turtle shell.

What to do:

1. Pick a starting point and ending point for the race.
2. Have everyone line up at the starting point.
3. Get into the turtle position.
4. Have someone count down to start.
5. Race to the endpoint. The first one to cross the finish line wins the race!

After a few turtle races, your family might enjoy making a turtle treat recipe to snack on and refuel their energy. Show your children how much you care about their health by making and eating the snack with them.

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. These lessons, they'll use for a lifetime!

The Turtle Position

1. Ask everyone to sit on the ground.
2. Put your feet flat on the ground in front of you with your knees bent.
3. Put your hands on the ground behind you.
4. Raise your bottom off the ground using your arms and legs to support your body.
5. Place the disc on your stomach as the turtle shell.
6. Start the race and have fun!



Loksi'

is Chickasaw for turtle

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