

# Ziggy Wellness Camp



**Sid Kurkure**

# Ziggy Wellness Camp

**Sid Kurkure**

**Copyright © 2024 by Sid Kurkure**

**All rights reserved. No part of this publication may be reproduced, uploaded, stored in a retrieval system, transmitted, scanned, photocopied, recorded or otherwise, without written permission from the author. The email address to request permission is:  
avertingdiabetes@gmail.com**

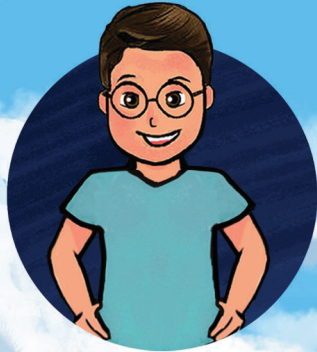
**ISBN: 979-8-9911474-2-2**

**Disclaimer**

**This is a work of fiction. The story and characters are purely make-believe. The main animal character is imaginary and cannot exist in real life. Any resemblance of this story to persons, events, or characters is completely coincidental. Note: Any health information and suggestions given here are not to be used as a substitute for professional advice. Please seek the advice of health professionals for a customized wellness plan.**

**This book was written by Sid Kurkure for ADASCOM.ORG, a 501(c)(3) organization. It was funded by ADASCOM.ORG**

**Author: Sid Kurkure  
Illustrator: Vox Illustration  
Publisher: ADASCOM.ORG**



**Alejandro**



**Ms. Bella**



**Ada**



**Mia**



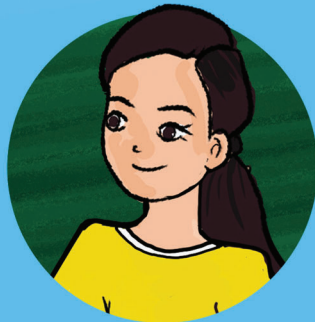
**Eric**



**Willie**



**Josie**



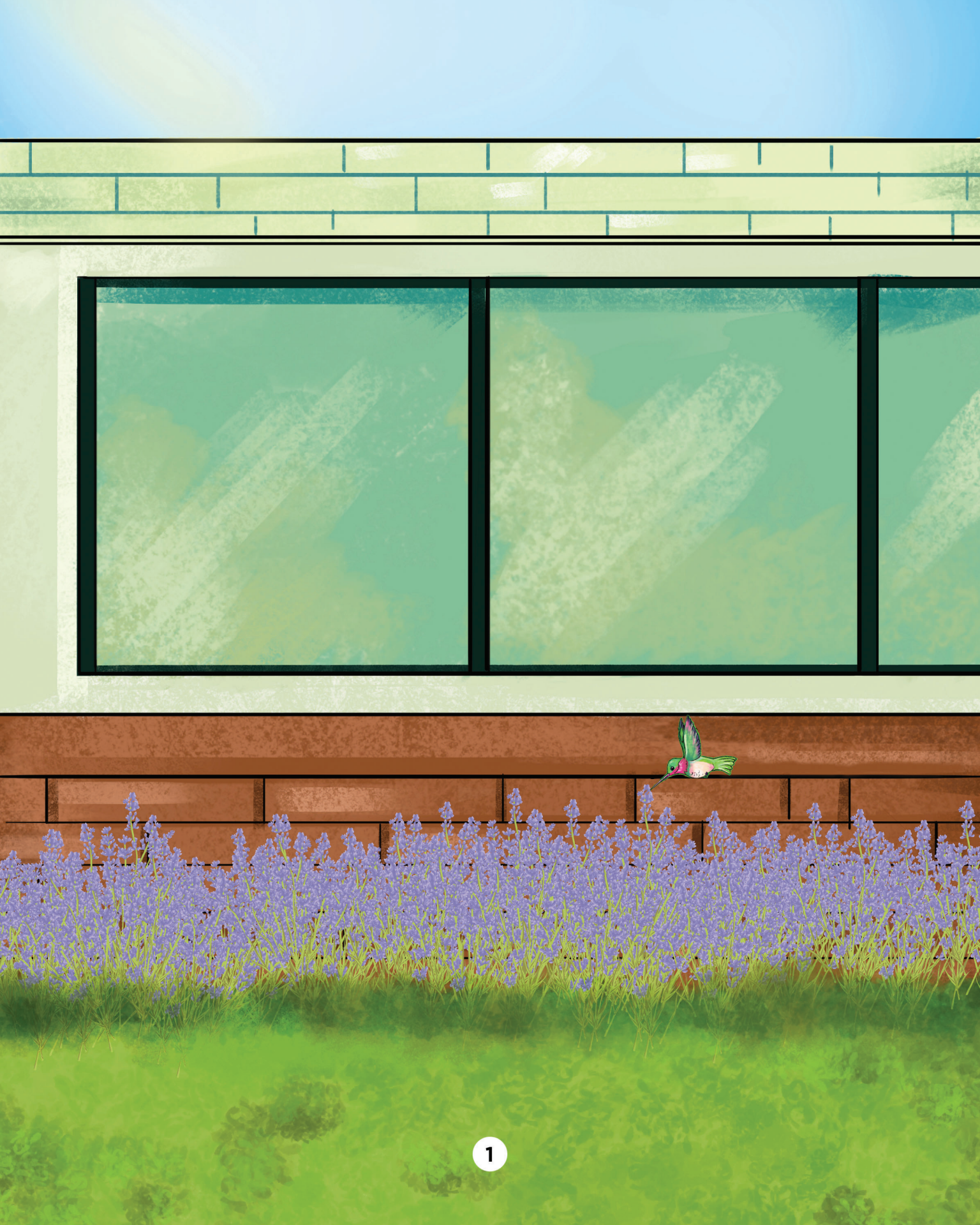
**Jenny**



**Dakota**



**Sophie**



## **Chapter 1: Invitations**

**The sunlight beamed through the classroom as six playful children excitedly shared their weekend plans. The children looked up as Ms. Bella entered and greeted her third-grade class with a smile, “Good morning, boys and girls.”**

**“Good morning, Ms. Bella!” the children replied in unison.**

**Ms. Bella announced, “Today, we have a surprise. Can anyone guess what it is?”**

**“I bet it's a pizza party!” said Alejandro with a wide grin.**

**Dakota chimed in, “Ooh, I hope we get to play football outside today!”**

**“Hmm, good guesses, Alejandro and Dakota! Actually, we have a special guest. Please welcome Ziggy!” Ms. Bella laughed.**

**The children gathered on the classroom rug and leaned forward, eager to get a glimpse of their visitor. They saw a brightly colored creature swoop in from the lavender bushes outside and into the classroom.**

**“Good morning, everyone. I'm Ziggy!” the emerald green and pink hummingbird sang cheerfully as he hovered over Ms. Bella's desk.**

**The children gasped in amazement and delight.**

**Ms. Bella laughed at the children's amusement. “Good morning, Ziggy. I'm Ms. Bella.” The bird bowed its head slightly in greeting.**

**The kids excitedly introduced themselves one by one.**

**“Hi, Ziggy,” said a boy as he adjusted his eyeglasses. “I'm Alejandro.”**

**“Good morning, Ziggy, I'm Mia,” said a girl with a pink bow.**

**“Hi, I'm Dakota. It's very nice to meet you,” said a boy fidgeting with his baseball cap.**

**“Hi, I'm Ada. I have never met a hummingbird before,” said another student, peering out over the brim of her hat.**

**“Hi there, I'm Josie!” said another child as she grabbed her classmate's hand in excitement.**

**“And I'm Willie. It's nice to meet you!” beamed a boy with red hair.**

**“It's wonderful to meet you all!” exclaimed Ziggy, waving its wings.**

**“I'm from the Ziggy Wellness Camp, and I'm here to invite you for a fun-filled learning adventure!”**

**“Hmm ... What kind of a learning adventure?” Dakota pondered to himself, placing a hand on his chin as if in thought.**

**“What's a wellness camp?” Willie asked, raising his hand.**

**“Well,” Ziggy went on. “A wellness camp is where you participate in fun activities that teach you about your health and how to take care of yourself.”**

**Ada jumped up and down, making her long ponytails bounce with her. She exclaimed “Let's go! Let's go! Let's go!”**

**Ms. Bella chuckled. “The camp starts next week, and your parents must sign permission slips. Today, we will have our regular classes.”**

**“Okay, Ms. Bella,” Ada sighed, sitting back down on the rug.**

**“Bye, I hope to see you at the camp!” Ziggy waved and did a little twirl in the air before flying away.**

**The children waved goodbye, then settled into their desks for their math lessons while whispering about what they think will happen at the wellness camp.**



## **Chapter 2: Welcome**

**The children and parents arrived at the camp cottage and were greeted by the camp guides Sophie, Jenny, and Eric. And, of course, Ziggy, the camp's mascot.**

**Once the parents hugged their kids goodbye, the camp counselors and children headed to the main cottage and settled in.**



**“Welcome, boys and girls! Are you ready to be happy, healthy, and strong?” asked Sophie.**

**“Yes! Yes, we are!” the children cheered.**

**Sophie smiled. “Great energy, friends. Let’s talk about some ways we can help ourselves be healthy and enjoy ourselves, too. For example, an easy way to do it is to make sure you’re eating a whole rainbow of colors!”**

**“Wow! I want to eat a rainbow,” said Willie with a sparkle in his eyes.**

**Sophie laughed. “Of course you can! But unfortunately, it’s not in the form of colorful candies.” Willie looked disappointed.**

**“Hmm, how about we play a little game?” Eric suggested to cheer up the kids.**

**“A game! A game! A game!” Ada exclaimed, jumping up and down.**

**Eric continued. “This is how it goes. I’m going to give one of you a red ball and the other kids will form a circle around that person.**

**“The person with the ball will say a fruit or vegetable based on any color of the rainbow and will toss the ball to someone else. These two people will trade places quickly by hopping or skipping. Do this until everyone has had their chance to be in the center of the circle. You have to do it fast without stopping. Don’t worry if the ball falls down.”**

**Eric sang “Red, orange, yellow, green, blue, purple ... ” and then tossed the ball to the eagerly waiting Dakota.**

**The kids formed a circle around Dakota and called out their favorite fruit or vegetable when it was their turn. They laughed as they hopped and skipped on the grassy field.**

**“Excellent! You all have delicious choices,” complimented Eric.**



**As the children sat down on the grass, Eric continued, “And remember, along with eating a rainbow of fruits and vegetables, it’s important to drink a lot of water to help you be healthy.”**

**“What about orange juice for breakfast?” asked Josie.**

**“Well, orange juice has important vitamins but it has a lot of sugar, which can lead to tooth cavities,” Eric explained. “It’s better to eat the orange with the pulp, instead of drinking just the juice, because the fruit has fiber. Fiber is good for your tummy, and helps your digestion.**

**“Kids, have any of you wondered what is in our packaged food?” Eric asked as he picked up a box of cereal. “Well, a good way to know what exactly is in that food is to look at the food label. If an ingredient is closer to the top of the list, that means there is more of that ingredient. See this label on the cereal box? It shows that sugar is near the top of the list.”**

**Eric continued, “To stay healthy, we need to eat foods that have not been changed too much from their natural form. These are foods most like what you would find in nature, like fruits and vegetables, eggs, milk and fish.**

**“Processed foods have been changed from their natural form. Some processed foods such as yogurt, tofu, beans and whole grains are excellent choices. However, many processed foods are not good for us. Could one of you give me an example of a processed food that is not healthy?”**

**Dakota raised his hand. “Making potato chips from a potato?”**

**“Excellent example, Dakota!” said Eric. “Some other processed foods include sugary cereals, store-bought cookies and crackers, and hot dogs. They also have a lot of artificial ingredients.**

**“So, ladies and gentlemen, the next time you visit the supermarket with your family, try looking at nutritional labels if the food is in a box or package. It’s best to choose foods that are most like what you find in nature and also don’t have much added sugar.”**

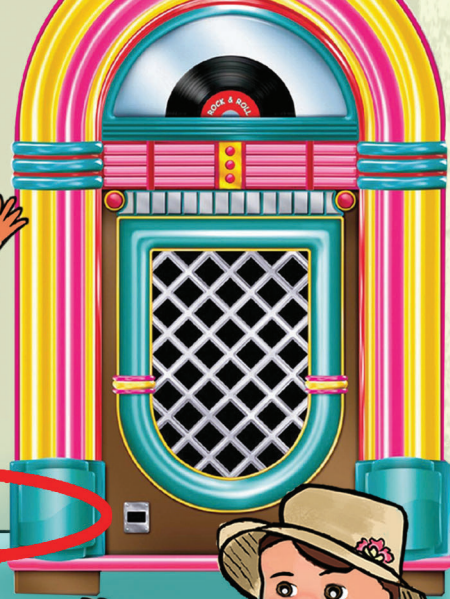


**“Well, enough talking now,” said Sophie. “Let’s head on over to the gymnasium for some playtime!**

**“Everyone can take turns choosing music to play on the jukebox while we stretch and play,” said Sophie.**

**“Stretching before and after exercising is important so that we don’t hurt ourselves,” she explained.**

**They had fun singing to jukebox music as they played with colorful hula hoops and learned some floor gymnastics.**





**After a fun-filled morning, everyone went to the dining room for lunch.**

**Sophie pointed to Ziggy fluttering over a chalkboard. “Ah look, there's today's menu. We have grilled chicken, fish, tofu, quinoa, vegetables and milk. Please choose what you like and enjoy the assortment of fresh fruit and vegetables that came from our garden!”**

**After lunch, the group got ready for a nature walk. “It was nice to see all of you choose a colorful rainbow of fruits and veggies from our garden,” praised Jenny as she reminded them to refill their water bottles.**

**During the hike, they encountered a small hill, and Jenny said, “I'm going to pair all of you with a partner as we hike up the hill. We are learning the importance of being happy, healthy, and strong. A part of being happy is having good friends.”**

**“A friend in need is a friend indeed,” Ada said happily, remembering a lesson she was taught earlier. “A friend who comes to you in your time of need is a true friend.”**

**The kids sang as they climbed. They saw interesting wildflowers and cute animals, including geckos and rabbits. They also saw footprints and tried to guess which animals made them.**



**They came back to the cottage and settled down. Mia yawned.**

**Jenny smiled, “If you sleep well, then you will wake up with energy. Kids your age usually need about 10-11 hours of sleep every night.”**

**“But what if we can't sleep?” Dakota asked.**

**Jenny replied, “That is a very insightful question, Dakota! There are a few things we can do to get a good night's sleep. It helps to have a familiar routine every night to relax. Turn off your TV and electronic gadgets one hour before bedtime. Some other things that you can do include taking a warm bath or shower, reading a story, drinking warm milk, snuggling with a stuffed animal, and chatting with your family. You can also meditate, pray, or listen to soft music.”**

**Jenny paused, then asked, “Oh, one more thing, my friends, what important thing does the dentist remind us to do before we go to bed?”**

**“My dentist tells me to brush twice a day!” Mia said.**

**“Yes, exactly!” Jenny praised Mia. “We need to brush our teeth after we wake up in the morning and every night before bed. Don't forget we need to floss our teeth every day, too.”**

**“I know how to floss!” blurted out Willie.**

**Alejandro gleefully exclaimed, “I know the floss dance.” He jumped up and demonstrated the dance with expertise. Everyone laughed, and Jenny complimented them both, “These are excellent habits. Flossing is good for your teeth. Dancing is good for your body and mood.”**

**As the kids sat on the benches waiting for their parents to come and pick them up, Ms. Bella sat with them and recited a little poem.**

*We'll strive to be healthy, strong and happy  
We'll brush and floss, to make our teeth shine  
We'll eat a rainbow of veggies, and drink lots of water  
And we'll get to bed before nine!*

## **Chapter 3: Second Day of Camp**

**Ziggy and the counselors welcomed the kids to the second day of the camp. Jenny waved at them. “Over here, you guys!” she called out, beckoning them to come sit in a circle on the soft green grass.**

**Jenny began the session. “Good morning, everyone. Are you all ready to run, jump, play, and have a fun-filled day?” she asked cheerfully.**

**“Yes!” the children yelled enthusiastically.**

**Jenny continued. “Great! Did you know that we need to get at least 60 minutes of energetic exercise every day to make our bodies stronger? Can you think of other reasons why being active is important?”**

**“So that we can have energy like Ziggy!” exclaimed Josie.**

**“So that we can sleep better!” said Ada.**

**“So we feel happier!” smiled Willie.**

**Sophie sat down next to Jenny and joined the conversation. “I love volleyball and roller skating! What fun things do all of you like to do?”**

**The kids blurted out their answers. “Basketball and table tennis with my brother,” said Alejandro.**

**“Tap dancing and tennis,” said Josie.**

**“Karate and soccer,” said Dakota.**

**“Baseball and playing flag football with my friends,” said Willie.**

**“Gymnastics and riding my bike,” said Ada.**

**“Swimming and playing with my dog,” said Mia.**

**Sophie nodded. “Those are some really awesome ways of staying active. Choose whatever works for you. Running around and chasing each other in a park also counts. If we want to be at our best every day, we need to make sure that our health is one of our top priorities.”**

**Willie asked wide-eyed, “What are priorities?”**

**Sophie smiled, “It means choosing the things that are most important. To be at your best, you decide the most important things you need to do. And staying active is a great step towards being at our best.**

**“My friends, taking care of our health isn't just about smart eating and exercise. We also need to make sure we are happy.**

**“You all know how tired or unproductive we feel when we are in a bad mood, right? Well, engaging yourself in a 'feel-good' activity every day is super important. It can be big or small, such as simply chilling out with your pals or painting a picture or playing an instrument.”**

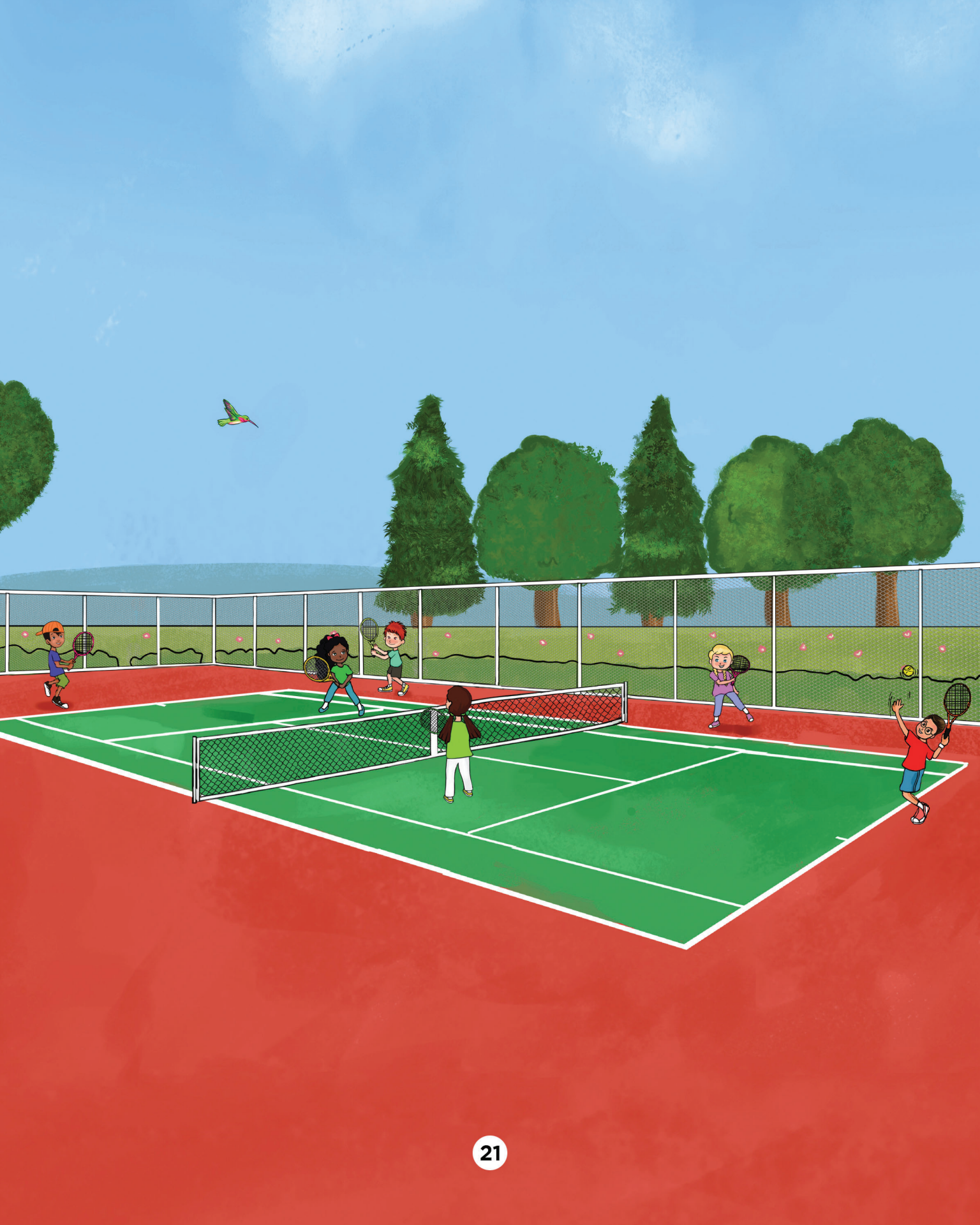
**Ziggy did a little dance in the air in agreement.**

**Eric brought out the tennis racquets. He said, “I have an idea to start us off this morning. Off to the courts we go!” The kids cheered and followed him.**

**The kids began by patting the balls back and forth to each other over the net. The counselors taught them how to serve a ball over the net and the rules of the game. The kids had fun navigating around different obstacles like cones and small hurdles. Then, they played a different game, pretending to flip pancakes in the air with their balls bouncing off their racquets.**

**“Ms. Bella! Look what I can do!” said Willie. He took his tennis racquet and spun it between his fingers. He was doing a good job until his hand slipped, and the racquet fell out of his hand. “Oops,” said Willie, pouting. “Oh, Willie, you’re so silly,” said Mia and picked his racquet up to return it to him. “It’s okay, Willie. Good job!” Ms. Bella gently patted Willie’s head. “Thank you, Ms. Bella,” Willie said proudly, smiling.**

**Afterward, the kids built a pyramid with the balls. Ziggy landed on the top as the kids gathered in front of the pyramid for a photo. Tired and hungry, the kids took a rest break for refreshments.**





**After everyone finished their snacks, Jenny led the group to the garden. “Let’s head over to the garden and pick vegetables and fruit for today’s lunch!”**

**Alejandro chased Ziggy by running across the grass and waving his arms furiously as if he was fluttering his wings, pretending to be a hummingbird. Ziggy was delighted to see the kids having such a great time.**



**With Ms. Bella's help, the children prepared a delicious and hearty soup using the vegetables that they picked. They topped the soup with fresh herbs from the garden and enjoyed it with sandwiches.**

**In the afternoon, Eric invited everyone to the stadium for some free play. The kids explored and played hide and seek with Ziggy until it was time to go home.**





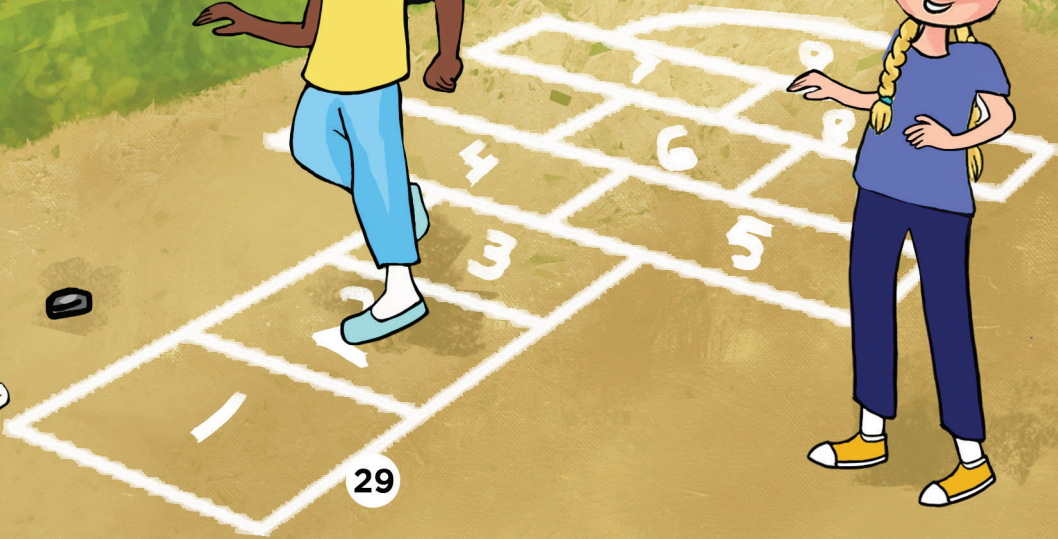
## **Chapter 4: Lake Day**

**On the third morning of the camp, Jenny greeted the children at the cottage. “Hey guys, today we're going to spend some free time playing outside, and this afternoon, we will have a special surprise.”**

**“What's our surprise?” The children jumped up and down excitedly.**

**“We're going to the lake to learn how to row a boat!” announced Jenny.**

**The children cheered.**



After lunch, they walked to a nearby lake. “Remember, kids, safety first,” Sophie reminded the children as they put on their life vests and grabbed oars to row the boat. It was a good workout on their arms and upper body. They sang the rowing song as they rowed their boats across the crystal water.

*Row, row, row your boat  
Gently down the stream  
Merrily, merrily, merrily  
Life is but a dream.*

“I know another song!” said Josie as she began singing.

*Row, row, row your boat  
Gently down the stream  
If you see a crocodile  
Don't forget to scream!*

“Cr-Crocodiles?” said Alejandro, looking down at the water in fear.

Eric reassured him, “Don't worry, Alejandro. There are no crocodiles in this lake.”

“I'll protect you, Alejandro!” Dakota said warmly.

“You're a very good friend!” Jenny praised Dakota. All of the other kids agreed.



**As the children were walking back to the camp after rowing, a coral-colored crab caught their attention. Ada sat down, placed her hands on the ground behind her, and began moving forward.**

**Ada's classmates joined in, giggling as they tried to balance their bodies.**



**Once everyone settled down in the cottage, they were treated to homemade hot cocoa and snacks. “I had such a fun day!” said Mia joyfully.**

**Eric smiled and pulled out his guitar, and invited everyone to sing their favorite songs until it was time to go home. Everyone received a Ziggy Wellness Camp T-shirt to wear for the following day.**



## **Chapter 5: Goodbyes**

**Ada, Alejandro, Dakota, Josie, Mia, and Willie arrived with their parents for their last day of camp. They proudly wore their camp T-shirts.**

**“We are going to enjoy some time in the garden today,” Jenny said as everyone walked to the vegetable garden.**

**“I’ve got an idea,” said Sophie. She handed each child a basket, inviting the children to fill the baskets with fruits and vegetables that they picked from the orchards and garden. In each basket was a pot of soil and a packet of seeds. “Please enjoy planting and growing these herbs at home,” said Sophie. There was also a photograph memoir of the tennis pyramid with Ziggy and the kids.**

**After everyone enjoyed a refreshing lunch, the counselors asked the children what they had learned and encouraged them to keep up the good work.**



**Jenny asked the children what they enjoyed most about the camp.**

**“I am going to miss Ziggy,” said Mia, trying not to cry. “Me too!” agreed all of the other children. The children were sad that the camp was over but were excited to practice what they had learned.**

**“Goodbye, friends, we will miss you!” said Sophie, Jenny, and Eric as they waved goodbye. The children all gazed at Ziggy, wondering when they would be able to see him again.**

**Ziggy gave a dance in the air and thanked the children for attending the camp. “Please come back and visit anytime. Stay happy, healthy, and strong, my friends. I look forward to seeing you all again someday.”**



## **Ziggy Wellness Camp Supplemental Information To Read With Your Parents or Other Adults In Your Family**

### **Some nutrition tips:**

- Drink water throughout the day .
- Eat a healthy breakfast. If you don't like to eat an early breakfast, that's okay. Pack fruit, cheese, yogurt, a hard boiled egg, a granola bar or some other snack to eat later in the morning.
- Eat food with fiber. Why is fiber good? It fills you up and keeps your tummy and digestive tract healthy.
- Some examples of food that have fiber are vegetables, fruits, lentils, nuts, seeds and whole grains.
- Eat colorful veggies and fruits every day! Always wash fruits and vegetables well before eating.
- Learn to prepare some easy meals with your family. Cooking is a lifelong skill.

### **Some ideas for yummy snacks:**

- Plain popcorn
- Walnuts, almonds, hazelnuts, sunflower seeds, pumpkin seeds
- Carrot and Zucchini sticks with hummus
- Homemade oatmeal cookie with a glass of milk
- Fruit, plain or with peanut butter or almond butter
- Low fat string cheese
- Unsweetened plain yogurt with chopped fruit
- Make your own mini pizza on an English muffin or a tortilla sprinkled with some cheese and chopped veggies
- Peanut butter or almond butter, or hummus on toast or English muffins
- Unsweetened Muesli with milk
- Make your own smoothie with fruit or frozen fruit, flax seed powder, and unsweetened Greek yogurt, milk, or almond milk
- Make your own popsicles with pureed fruit frozen in popsicle molds

### **Drink healthier beverages:**

- Plain water or water flavored with chunks of fresh fruit
- Milk, oat milk, almond milk, or low-fat buttermilk
- Unsweetened coconut water
- Try to avoid drinking sodas and other sweet drinks with a lot of added sugar.

### **Read those food labels:**

- Any food that comes in a package or container (even milk) will usually have a food label.
- Food labels tell us about what is in the food we eat and it can sometimes give you an idea about how healthy it is.
- Ingredients are listed in order of the largest amount first to the smallest amount last.
- A great place to find lessons on reading food labels for kids is through the U.S. Food and Drug Administration website.

### **Get lots of exercise! Fun ways to stay active:**

Kids need at least 60 minutes of energetic exercise every day, and more than that is better!

Mix up your routine and the fun, and try any activity that your parents approve of! Here are just a few examples.

- Sports
- Nature walks or walks around the neighborhood with your family
- Bike rides with your family
- Turn on the music and dance or use a Hula Hoop.
- Find a partner and toss a flying disc or a kick around a ball to each other.
- Jump rope
- Play a game of balloon toss or balloon boxing-keep the balloon floating in the air.
- Can you think of something that you could do that's not listed here?

Just make sure that whatever you do, check with the adults in your home or school to make sure that your surroundings and activities are safe.

## **Other suggestions to help yourself stay healthy!**

### **Hygiene:**

- Wash your hands before and after eating or using the bathroom, and every few hours.
- Take a shower or bath every day.
- Brush your teeth every morning when you wake up and every night before you go to bed, and floss your teeth every day. Play a 2-3 minute song or use a 2-3 minute sand timer to help you time how long you should brush and floss.

### **Sleep:**

- At bedtime think of something that made you happy or grateful that day.
- Some nice things you might want to do before you go to sleep include reading a story, cuddling with your family or pet or stuffed toy, saying prayers, writing in your diary, listening to soft music, or having a quiet conversation with someone.

### **Safety:**

- Remember to wear safety gear for sports and biking. Some examples include helmets, mouthguards and knee or elbow pads, and sturdy sports shoes.
- There is a lot of entertainment and education available online but it can be very misleading and unsafe. Be sure to get permission from your parents, guardian, or teacher before you click on any websites and social media sites, whether they are on a cell phone, computer or any other electronic device.

### **Feeling Good:**

- Nurture and take care of your friendships. Be a good friend .
- Try to do something every day that makes you happy.
- Talk with an adult family member or other trusted adult if you need help .
- Perform a random act of kindness every day.
- Believe in yourself. Remind yourself every day about how wonderful you are.





ISBN 979-8-9911474-2-2



9 798991 147422 >