A Trip to the Farm with Blue and Friends!
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School, bus, seat belt and all farm-related illustrations: ©iStockphoto

Special thanks to all those who helped bring this book to life:
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Special thanks to our supporting partners:

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Hi Friends!
My name is Blue, the Caring Cub, and these are my friends; Dart, Glide, Leap, and Swing.
Today, Blue and his friends are going to the farm to see the animals and have a picnic.

What do you think they will need for their trip?
What do you know about farms?

Have you ever been to a farm?
The friends find their bus buddy and then it’s time to go. To be safe, they look left, look right, and left again.

Now they are ready to walk to the bus.
The steps to get on the bus are high. Swing reminds everyone to lift their knees as they get on.
Blue and his friends buckle up for safety!
The friends arrive at the farm, get off the bus, and stretch.
Farmer Rich welcomes the friends to the farm.

“Who’s ready to explore the farm?” asks Farmer Rich.
Farmer Rich is going to take Blue and his friends on a tour of his farm.

What animals might they see?
Look!
There are some chickens.

How many do you see?
Blue wants you to join his friends in flapping your arms and strutting like a chicken.
Dart sees two pigs rolling in the mud.
Dart wants you to join his friends as they roll on the ground like the pigs.
Glide is excited to see a cow in the pasture.

What color is the cow?
Glide wants all of the friends to moo and move slowly like the cow.
So far, Blue and his friends have seen:

4 chickens
2 pigs
and
1 cow
What do you think is behind the fence?
It is a horse.

What sound does a horse make?
Dart wants you to join his friends and gallop like a horse.
The friends enjoyed seeing the farm animals, but now they are ready for lunch!
Farmer Rich and the friends find a good place to have a picnic - the pumpkin patch!
Blue and his friends are ready for a healthy lunch.
They have sandwiches from home, milk and produce from the farm. Farmer Rich brings some fresh red and green peppers for everyone to try.
“Those were the best peppers ever,” said Leap.

“Thank you, Farmer Rich!”
“I hope you will come back and try other healthy foods from the farm next season,” said Farmer Rich.
“Of course,” the friends shouted!
Everyone is ready to go to the bus. Blue lifts the picnic basket above his head to carry it to the bus.

Can you lift your hands above your head?
The friends say good-bye, find their buddy, and walk to the bus.

Dart reminds everyone to **lift** their legs up high to get on the bus.
The friends help unload the bus and agree they can’t wait to go back to the farm!
Tips

- While reading, talk about the farm animals, discuss what noise they make, and what do they provide
- Do a day of tasting the different farm fresh foods; eggs, milk, etc.
- Visit a farm and/or petting zoo
- Practice learning objectives while reading the story; numbers, patterns, letters, or letter sounds
- Send tips, recipes, and activities from the book home for parents and children to work on
Roasted Pumpkin Seeds

**Ingredients:**
- 1 ½ cup raw whole pumpkin
- Salt
- 2 tsp of butter

**Directions:**
- Pre-heat oven to 300 degrees.
- Clean the pumpkin out and separate the pulp from the seeds. Rinse seeds in cold water
- Coat a baking sheet with butter and lightly salt the seeds
- Bake for 30 - 45 minutes

Bell Pepper Nachos

**Ingredients:**
- Bell peppers
- Cheese
- Olives

**Directions:**
- Wash and slice peppers
- Place peppers on a microwave-safe plate
- Top peppers with cheese and a few olives
- Warm until the cheese is melted

From Superhealthykids.com
Movement Activity

Chicken’s in the Coop

Needed Materials:
tape, beach balls (8-10 of two colors equal in number), and pool noodles

Age:
Toddler and older

Directions:
• Create two coops out of tape: the “coop” will be a square made from tape (about 5 ft. by 5 ft.) on the floor.
• Each player will get ½ of a pool noodle.
• Players will be divided into two teams.
• Each team will use their noodle to get their chicken back in their coop.
• Players can only use the noodle to move the chicken.
• Players can also use their noodle to shew the other teams chickens out of their coop.
Additional Resources:

- Be Active Kids
  www.beactivekids.org

- NC Farm to Early Care and Education, Center for Environmental Farming Systems, NC State University

- Natural Learning Initiative, NC State University
  https://naturalearning.org/

- Growing Minds – Farm to School, Appalachian Sustainable Agriculture
  https://growing-minds.org/farm-to-preschool/

- Farm to Preschool Toolkit, Wake County Smart Start
  https://www.wakesmartstart.org/farm-to-child-care-toolkit/

- Shape NC, North Carolina Partnership for Children
  https://www.smartstart.org/shape-nc-home/

- GO NAPSACC, University of North Carolina
  https://gonapsacc.org/
Be Active Kids is an award-winning program. This innovative, interactive health program for children ages birth to five is available to adults working in child care centers, child care homes, and schools across North Carolina. Its evidence-based and evidence-informed messages are carried out through five cuddly and adventurous characters including Blue the caring cub, Glide the bird, Swing the monkey, Leap the rabbit and Dart the dog. Using these characters as their guides, children can engage in playful experiences, interact with a story, explore their natural surroundings, and much more. ©2020, Be Active Kids. All rights reserved.