

Froggy Choice

Choosing to **Live Long**

Written by Kelly Mather

Illustrated by Lisa Schneller

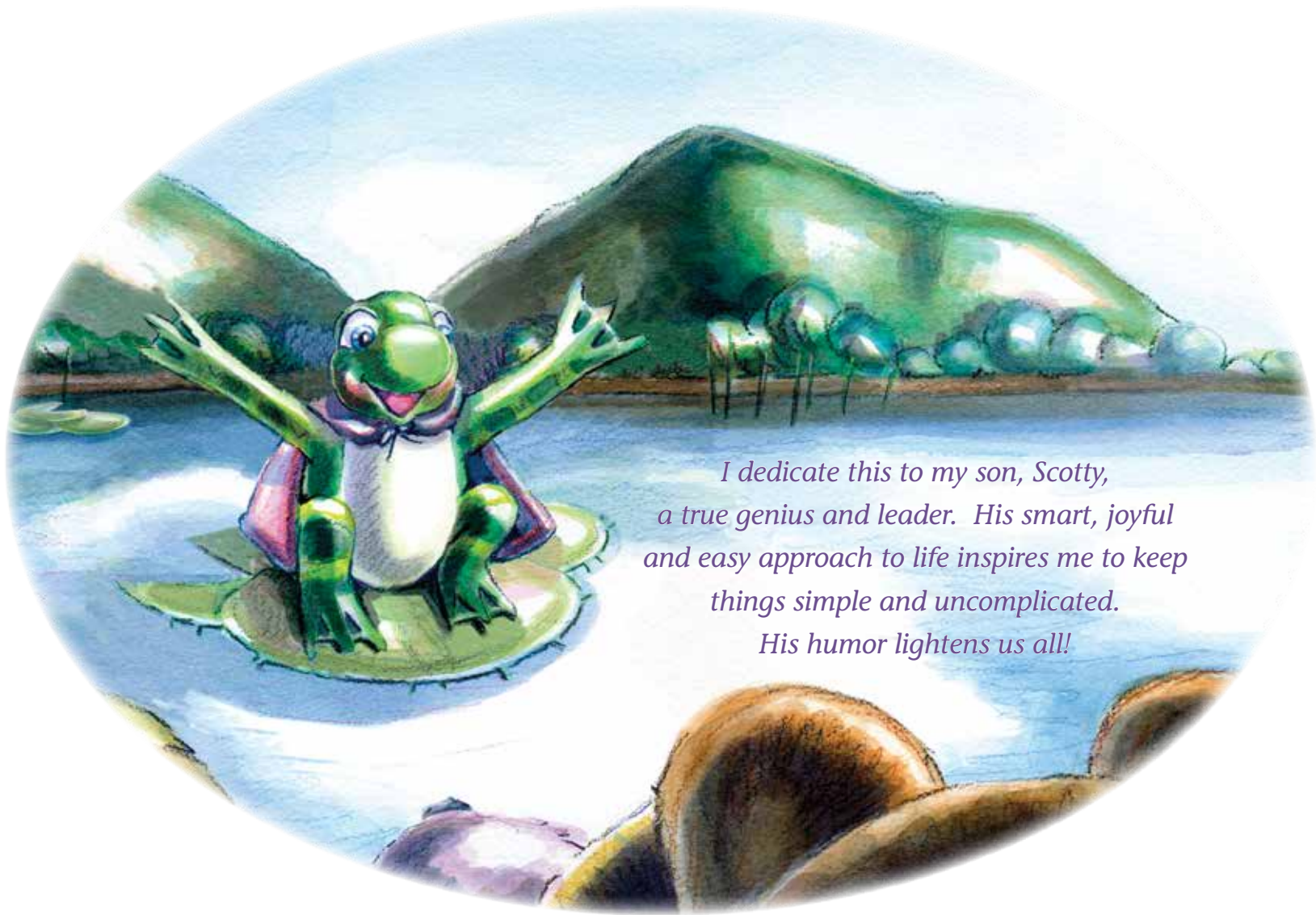


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*I dedicate this to my son, Scotty,
a true genius and leader. His smart, joyful
and easy approach to life inspires me to keep
things simple and uncomplicated.
His humor lightens us all!*



Froggy Choice

Learning How to Live Long

©2010 Kelly Mather, M.H.A.

Illustrated by Lisa Schneller

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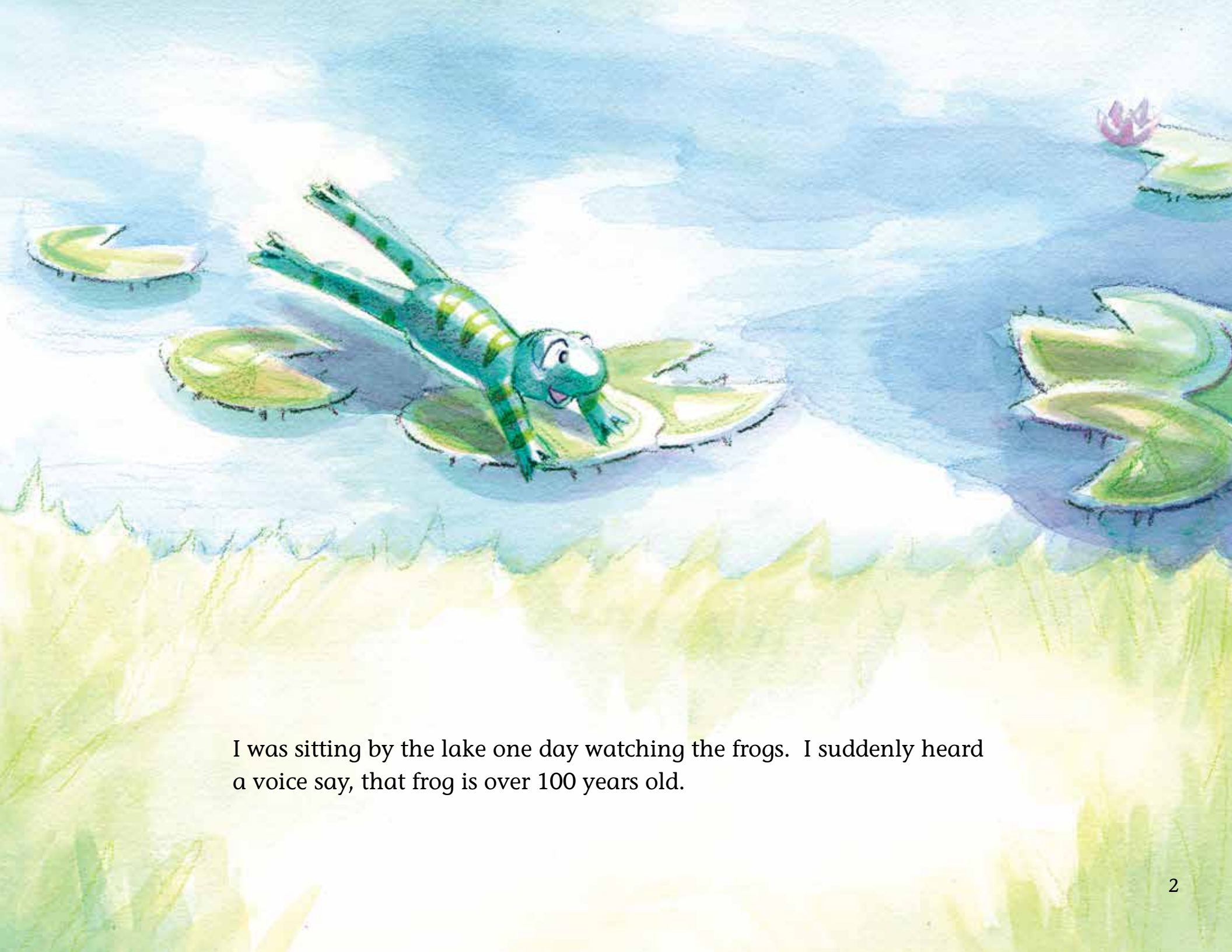
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Audience: Ages 8-10.

Summary: Froggy shows children how to live long by making positive choices each day.







I was sitting by the lake one day watching the frogs. I suddenly heard a voice say, that frog is over 100 years old.

I looked around to see who was talking and I realized that the voice was coming from a beautiful tree. I decided to walk over and introduced myself. The tree asked, "Do you want to hear the story of how that frog lives so long?"





The great tree began the story. He said, “The frog families struggled for many years at their ancient pond, because it was drying up. It was decided that the strong frog brothers and their grandma would move to our lake to create a new place for all the frog families to live long. The young brothers were very excited, but they were not used to BIG water life.





Grandma Frog brought her five grandsons. Boggy was the oldest and was very wise. Loggy was the best jumper and athlete. Joggy was the biggest and strongest. Woggy was the most fun and had a lot of friends. Scoggy was the youngest and it seemed he was only asked to go to the BIG Lake because of his brothers.



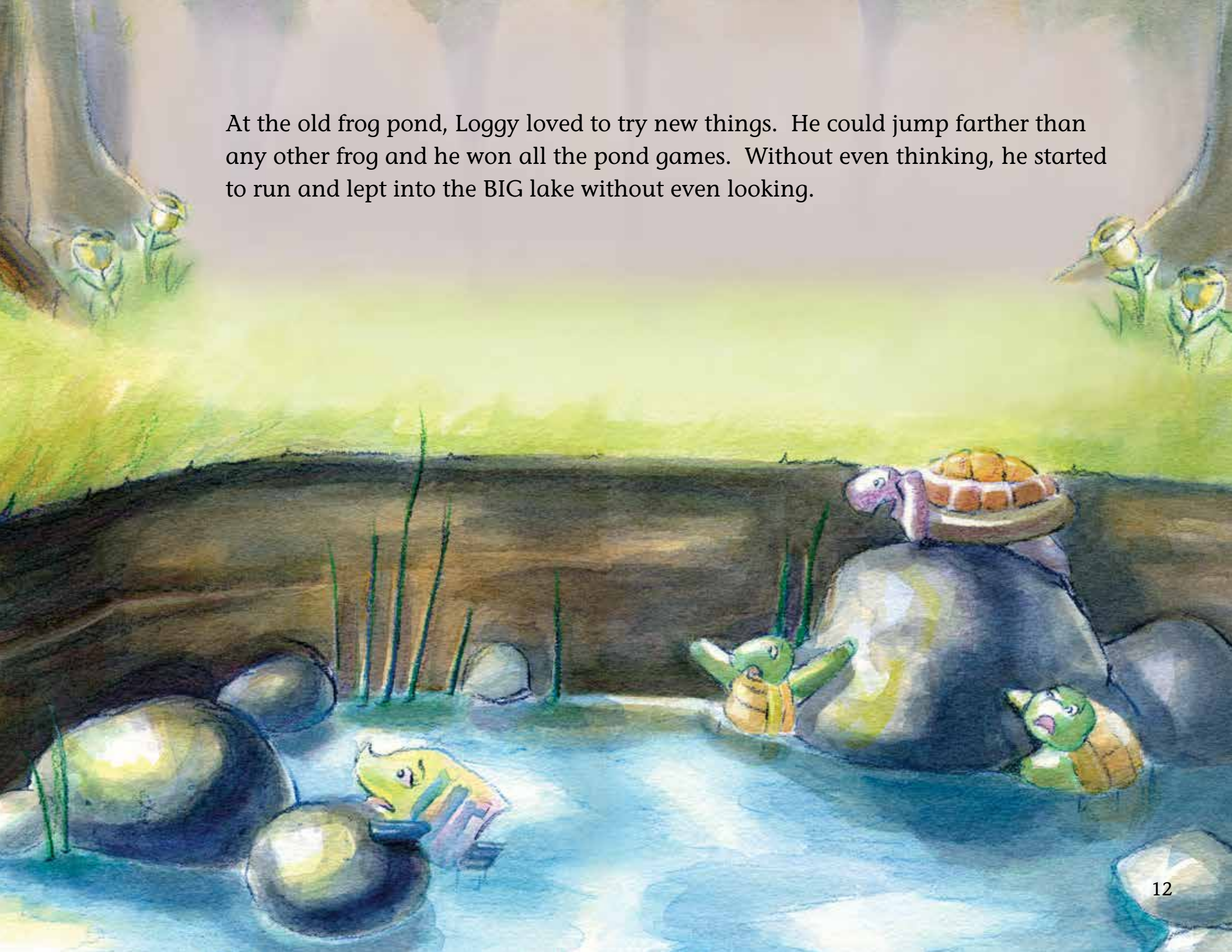




Life was different at the BIG lake and the frogs had trouble adjusting to all the new choices. Boggy, the oldest and wisest, discovered television at this new home. He started staying up late each night and didn't get much sleep. He was hooked on television. He started doing crazy things and didn't act very wise. One day we found him up on the roof acting out a "jump" scene that he had watched on television.



At the old frog pond, Loggy loved to try new things. He could jump farther than any other frog and he won all the pond games. Without even thinking, he started to run and leapt into the BIG lake without even looking.



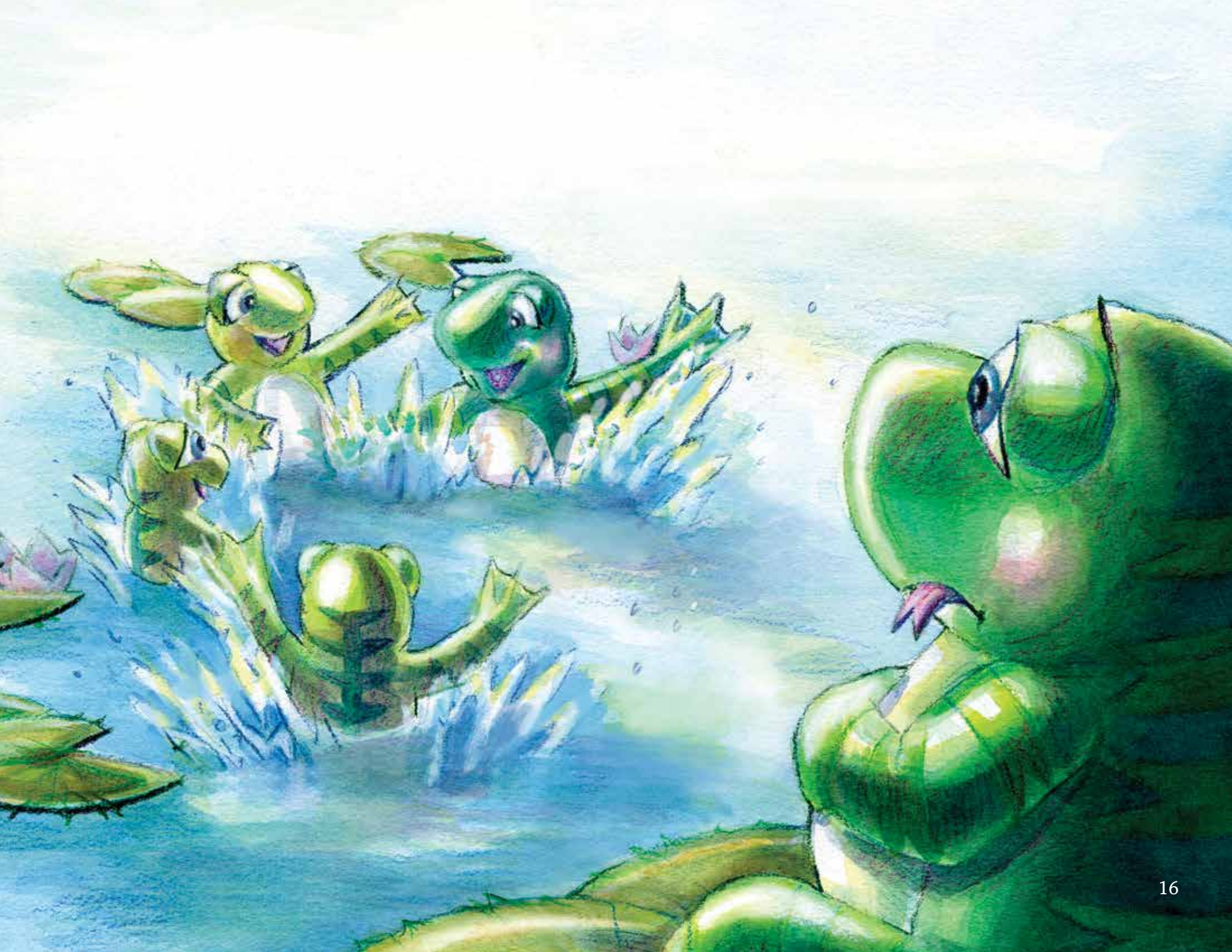
Loggy was hurt badly. Grandma was getting very worried. The frog brothers were supposed to find a new place for all of the frogs to live long. Instead, the boys were making negative choices that hurt themselves and scared the family.



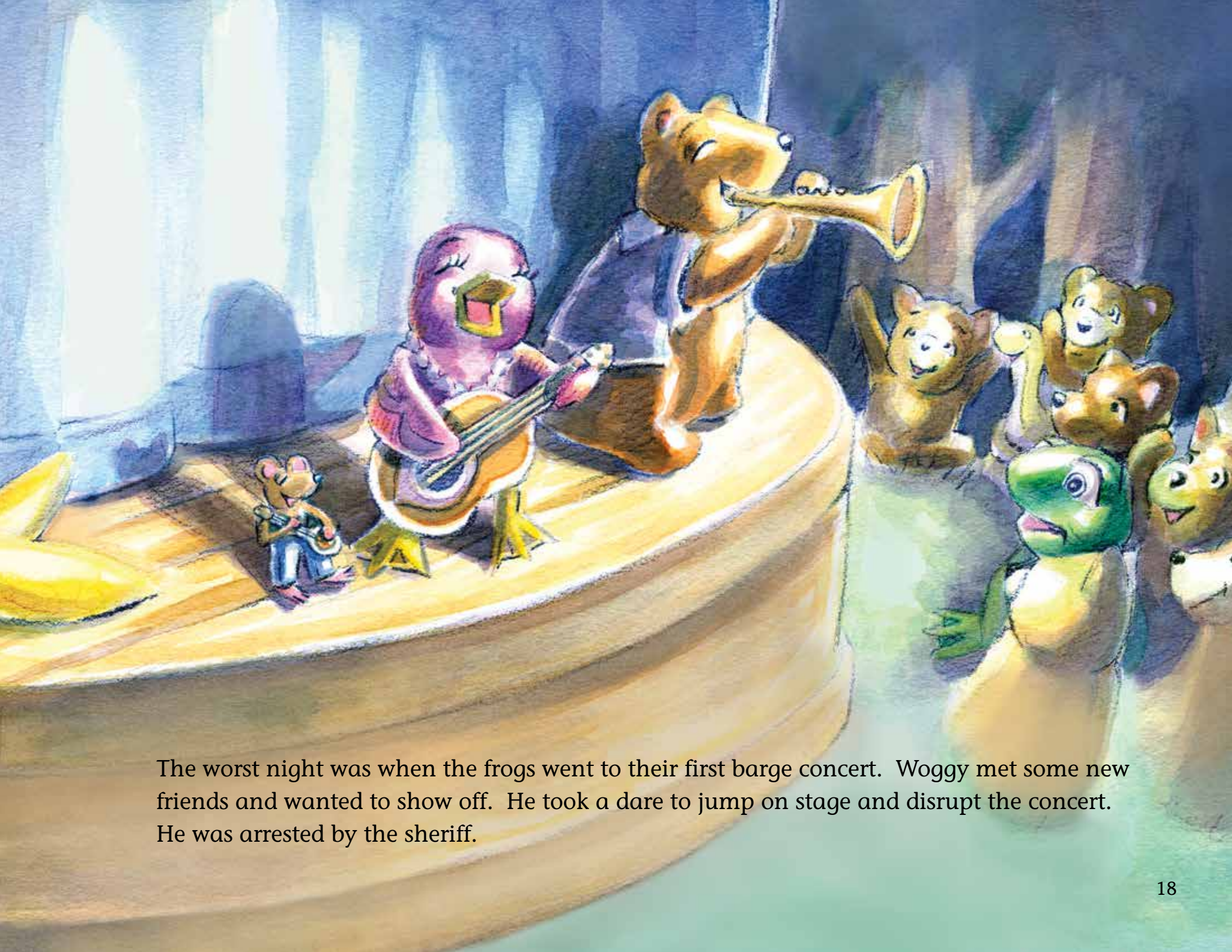


It kept getting worse! The big and strong brother, Joggy, loved all the fatty new lake food. He kept eating and ate way too much each day. The food made him sick and tired. The only thing that was getting bigger on Joggy was his tummy!

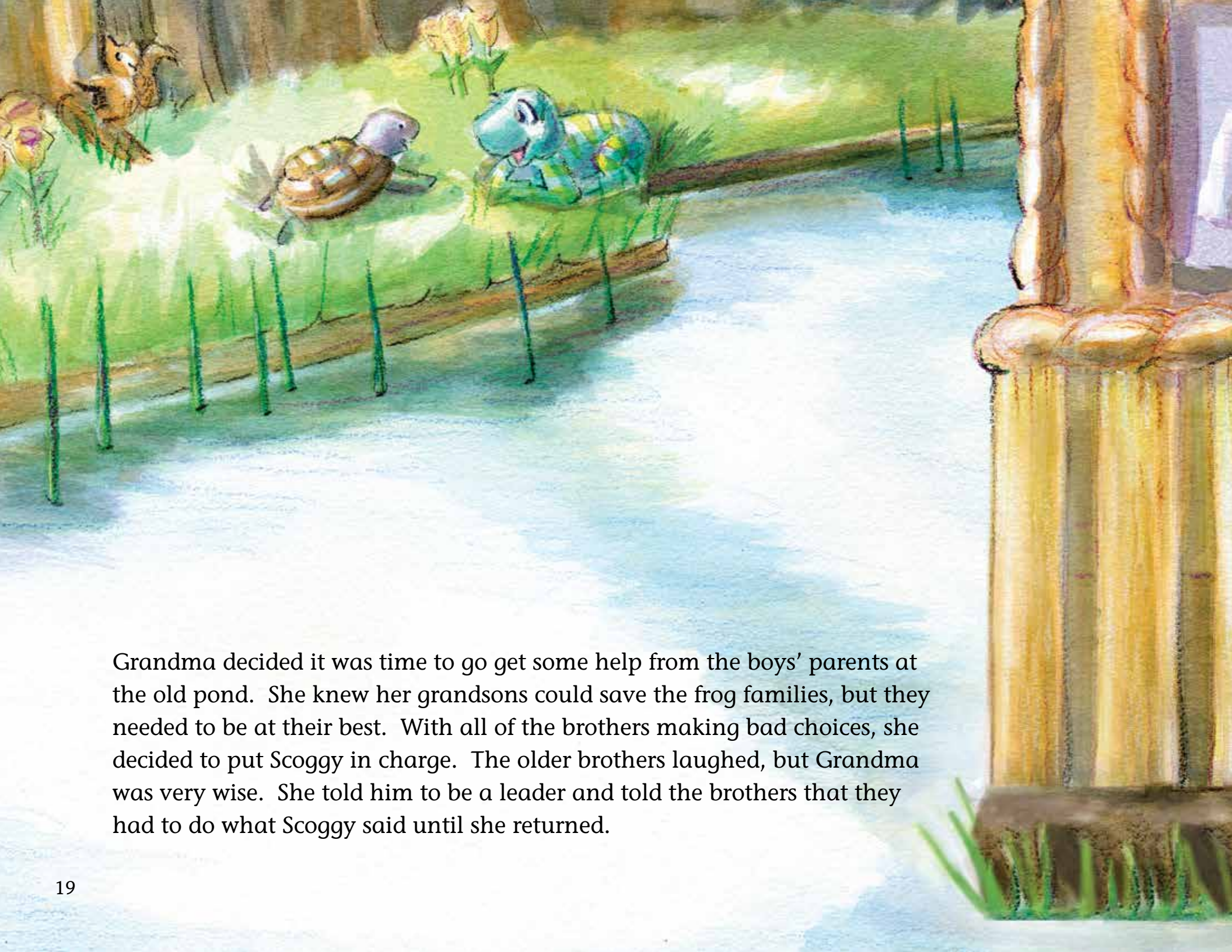








The worst night was when the frogs went to their first barge concert. Woggy met some new friends and wanted to show off. He took a dare to jump on stage and disrupt the concert. He was arrested by the sheriff.



Grandma decided it was time to go get some help from the boys' parents at the old pond. She knew her grandsons could save the frog families, but they needed to be at their best. With all of the brothers making bad choices, she decided to put Scoggy in charge. The older brothers laughed, but Grandma was very wise. She told him to be a leader and told the brothers that they had to do what Scoggy said until she returned.

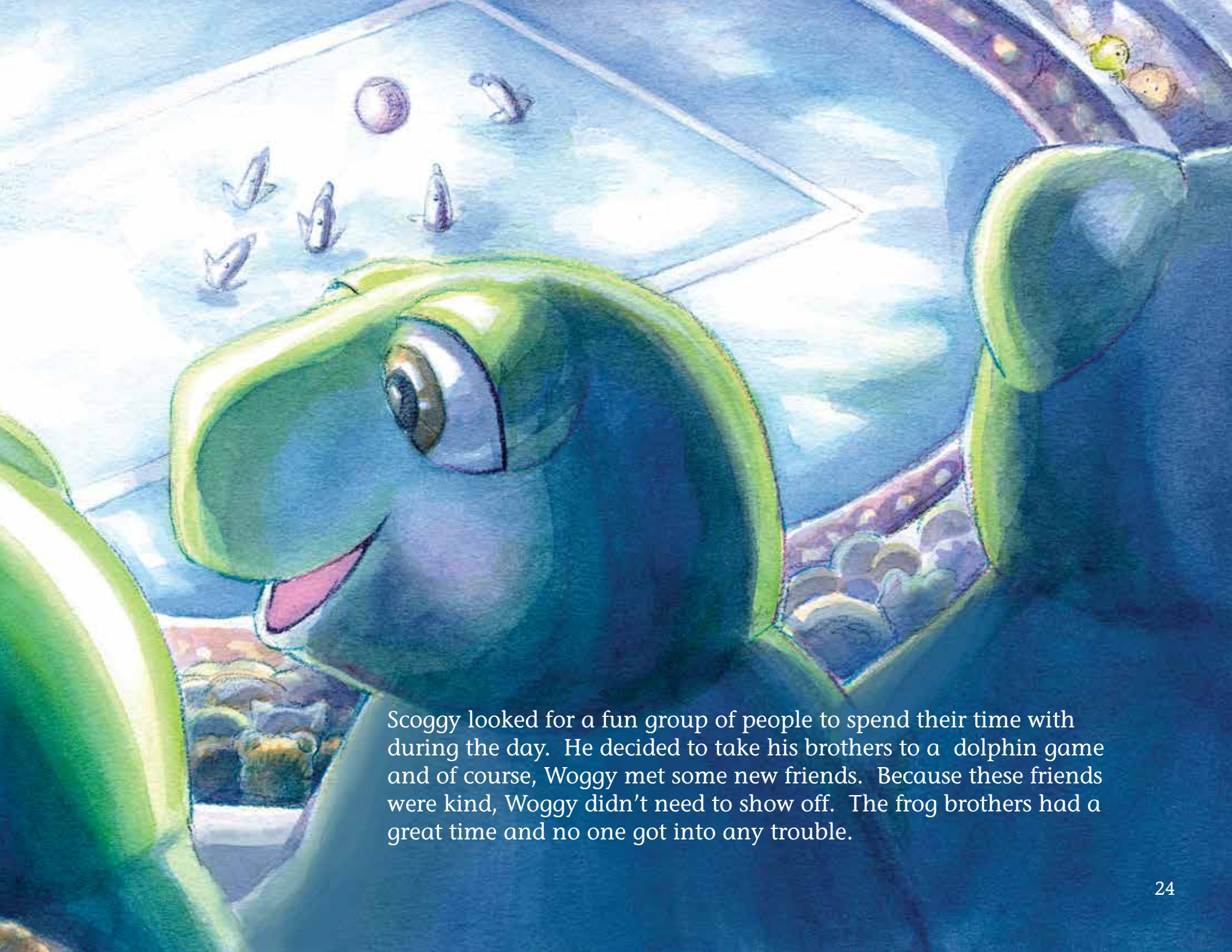




Scoggy was scared and wasn't very sure he could handle this responsibility. But he decided to try his best to be a good leader. He started his new role by making everyone eat a healthy breakfast and then they all went out and stretched and exercised in the morning. Joggy had to admit, he felt strong again that day.







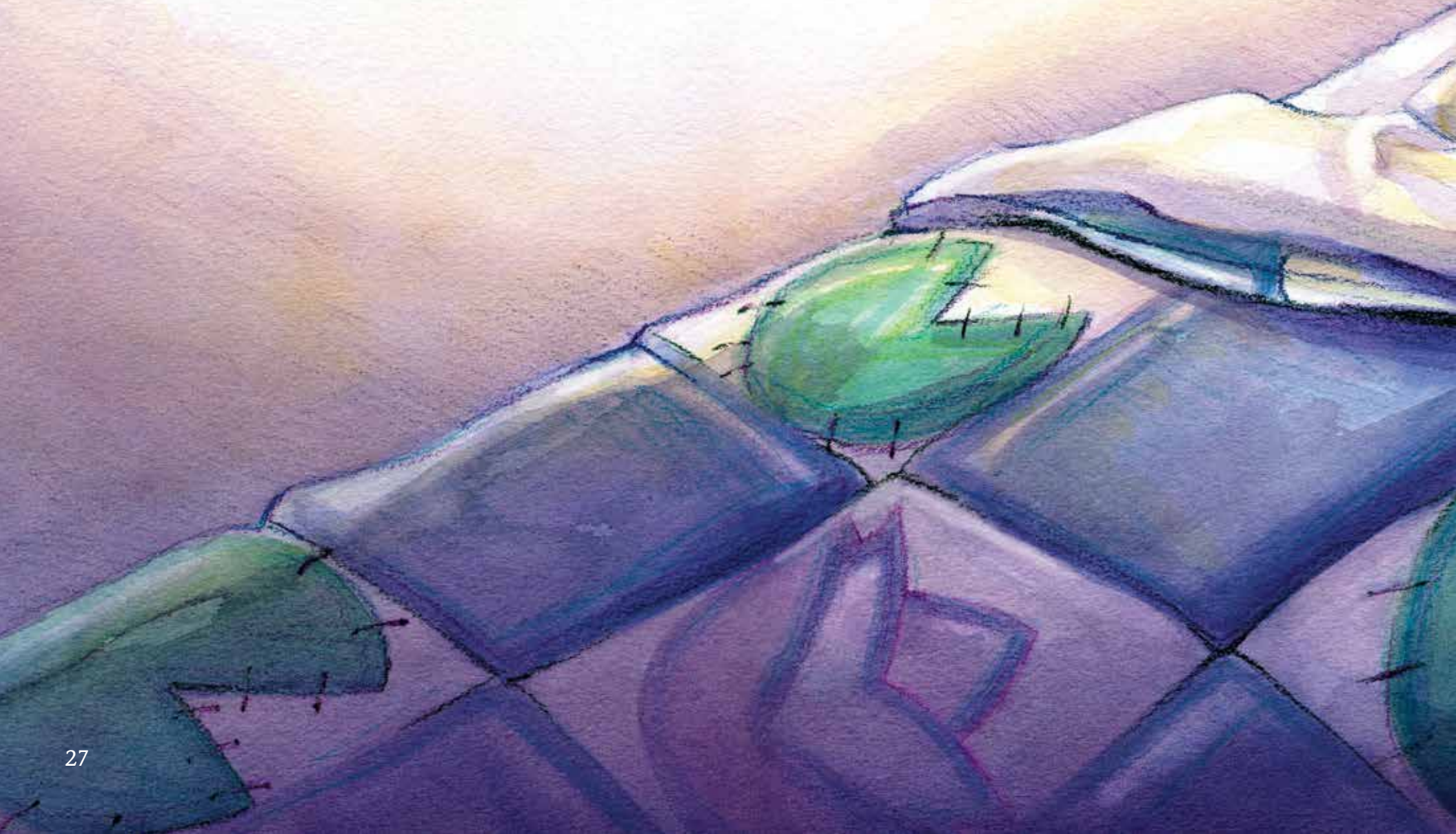
Scoggy looked for a fun group of people to spend their time with during the day. He decided to take his brothers to a dolphin game and of course, Woggy met some new friends. Because these friends were kind, Woggy didn't need to show off. The frog brothers had a great time and no one got into any trouble.



After the game, Scoggy took the boys to a safe water hole. Loggy was able to try all kinds of new tricks and jumps. No one was hurt, not even Loggy.



Boggy easily went to sleep that night and realized that he had not watched any television all day. He didn't even miss it. He enjoyed spending time with his brothers and really loved the fresh air outdoors.

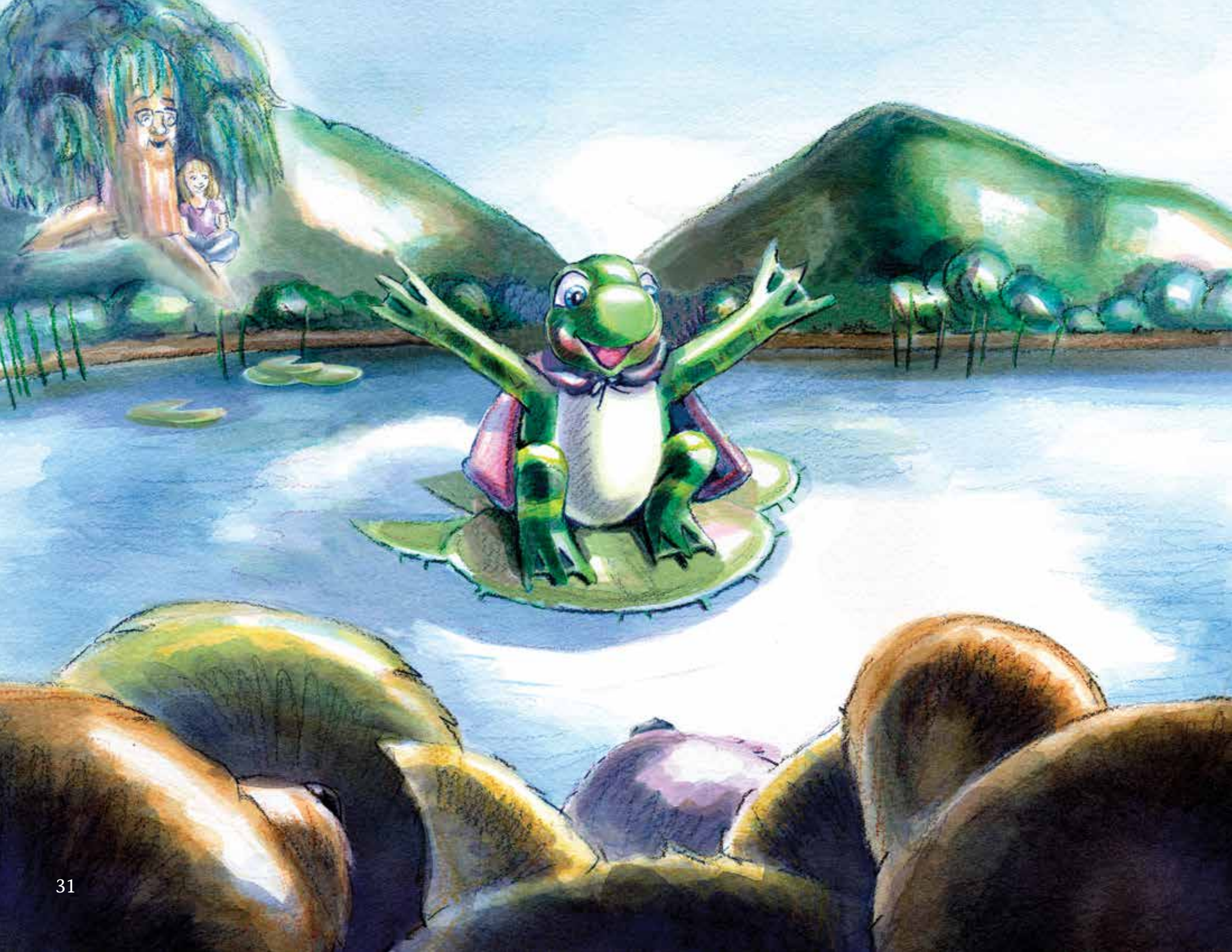








It turned out, the frog brothers didn't need their parents or their wise grandma to show them how to live long at the Lake. They just needed to learn the importance of eating healthy, going outside, looking before you leap and spending time with kind friends.



Scoggy is now over 100 years old and is a great leader. He teaches all of us lake friends how to live long.



WELLNESS WHEEL QUESTIONNAIRE

General Health

1. I usually feel good.
2. I have energy throughout the day.
3. I have little pain.
4. I sleep well and I don't wake up tired.
5. My body moves with ease.

TOTAL ____/5= ____

no/never	sometimes	usually	yes/always
1	2	3	4
1	2	3	4
1	2	3	4
1	2	3	4
1	2	3	4

Self Love

1. I like myself.
2. I like my body.
3. I think happy thoughts most of the time.
4. I say nice things and don't talk bad about others.
5. I don't dwell on what others think.

TOTAL ____/5= ____

1	2	3	4
1	2	3	4
1	2	3	4
1	2	3	4
1	2	3	4

Breathing

1. I am truthful about my feelings.
2. I notice when I am stressed and can relax quickly.
3. I know how to deep breathe and practice it.
4. I take time to relax and breathe often.
5. I spend time outside breathing in nature daily.

TOTAL ____/5= ____

1	2	3	4
1	2	3	4
1	2	3	4
1	2	3	4
1	2	3	4

Positive Choices

1. I eat two vegetables, two fruits and two grains every day.
2. I drink a lot of water and drink little caffeine or sugary drinks.
3. I watch or play in front of screens less than two hours a day.
4. I choose friends who like me just the way I am.
5. I always do my best.

TOTAL ____/5= ____

1	2	3	4
1	2	3	4
1	2	3	4
1	2	3	4
1	2	3	4

Balance

1. I know what I enjoy and do it often.
2. I don't overdo.
3. I like to work on projects and help others.
4. I try new things often.
5. I play every day.

TOTAL ____/5= ____

1	2	3	4
1	2	3	4
1	2	3	4
1	2	3	4
1	2	3	4

Trust

1. I believe good things usually happen.
2. I don't over-react often.
3. I am grateful or thankful for most everthing.
4. I am kind and find kindness is returned back to me.
5. I go with the flow and learn from my mistakes.

TOTAL ____/5= ____

1	2	3	4
1	2	3	4
1	2	3	4
1	2	3	4
1	2	3	4

DO YOU WANT TO LIVE LONG?

Try using all
5 Keys to wellness:

Self Love

Breathing

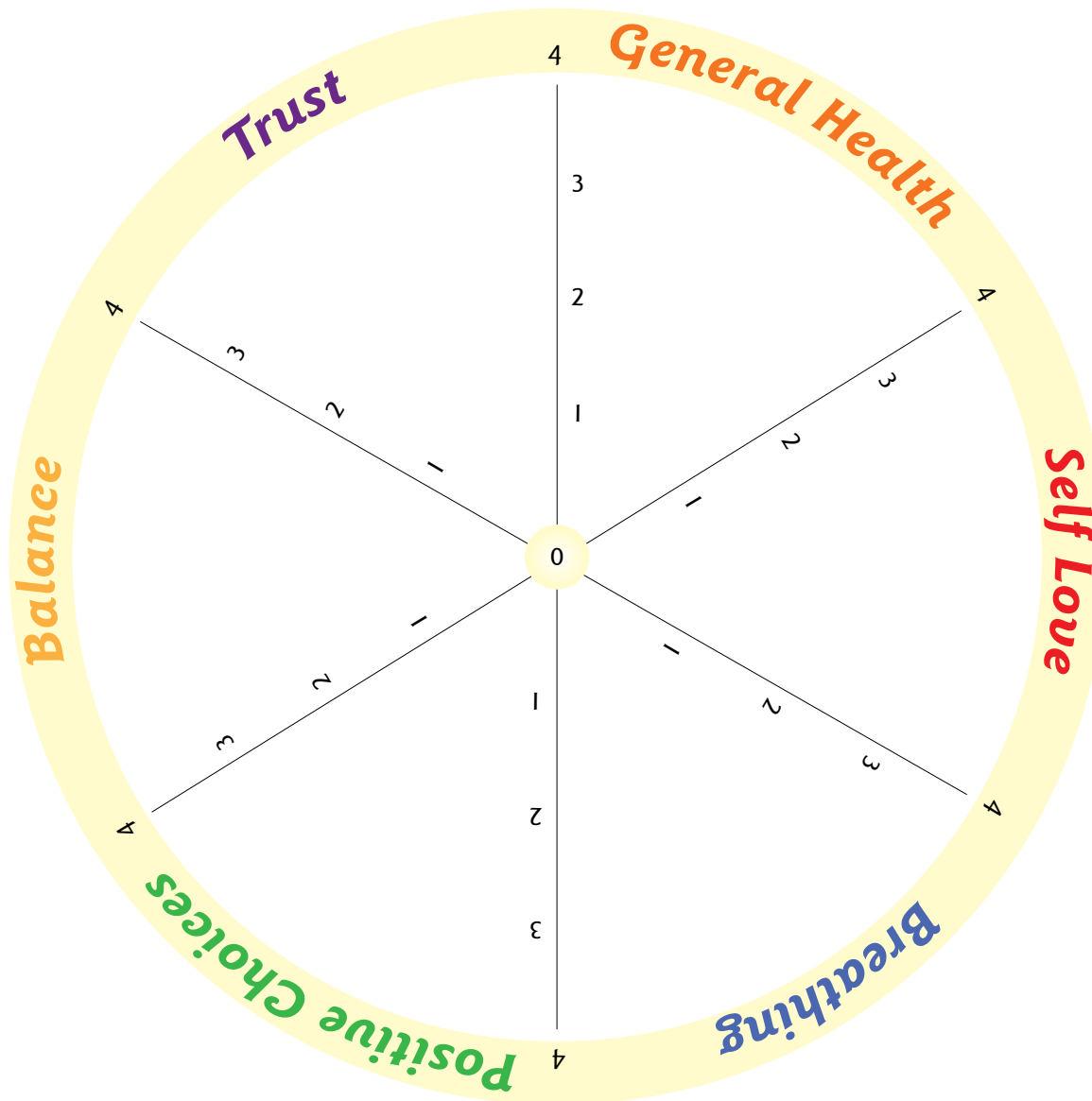
Positive Choices

Balance

Trust

WELLNESS WHEEL:

You create the wellness wheel by entering a pie slice in each section based on your score from each section of the wellness wheel questionnaire:





About the Author

KELLY MATHER has been an author and teacher of wellness for over twenty years. Originally from Illinois, she graduated from Auburn University with a Bachelor of Science in Health Administration in 1989. After completing her undergraduate studies, she moved to Richmond, Virginia where she received her Master's in Health Administration from Medical College of Virginia (VCU). Since 1991, Kelly has been a hospital administrator. In serving as the leader of hospitals, Kelly was inspired to go above providing the typical acute rescue and illness care. She aimed to improve health for the community and this led to a best practice model whereby hospitals inspire healing. The model offers free health education to schools and her books compliment the program. Her books include "The Five Keys to Wellness," "Ducky Love", "Fish Breath," "The

Health Playbook" and "Create Your Health." Kelly is married and is the mother of three children. When not passionately following her mission to improve health or participating in her children's activities, she enjoys yoga, spas and spending time in nature.



About the Illustrator

LISA SCHNELLER graduated with a BFA in illustration from California College of the Arts in 2007. She illustrated Kelly's book *The Five Keys to Wellness* in 2006. In 2001, she designed a greeting card for Children's Hospital Oakland, in Oakland, California, to raise money for sick children. The card sold over 5,000 copies worldwide. In 1999, she designed greeting cards for the Junior Center of Art & Science in Oakland, California to raise money for scholarships for the underprivileged children. These cards continue to be sold today. In 1998, her illustration appeared in the children's book *Innocent Impressions*, published by Arts and Kids in Owings Mills, Maryland. To see more of her artwork, please go to www.lisaschneller.com.



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