Coming Together

A narrative story based on the SaskSport’s game ‘nose and toes tag’

Written by: Megan Mossman
Why Health Literacy?

Health literacy is used to help share the importance of physical activity. Health literacy books can show all the different possibilities and ways children can stay healthy, be active and have fun. This story shows children taking part in group activities and games. This story also shows how physical activity is important for everyone to participate in, including children and adults.

Why This Game in This Writing Form?

This is a fun, narrative story that incorporates the Sask Sport game ‘nose and toes tag.’ By incorporating an activity such as this tag game into a story, children may become more excited to take part in the game. Narrative stories based on games and activities can get children up and active after reading the story. It’s a fun way to learn new games, as opposed to just being told about it and how to play by an instructor or coach.
Once upon a time, in a small village far far away, children were nowhere to be seen. Instead, they spent their days sitting inside watching television or playing video games for fun.
The reason for this was, a long time ago two witches came and set a curse over the village to stop the children from playing with each other and to stop them from having fun playing outside. The only fun they were to have is sitting quiet and watching television or playing video games.
The king had enough of this curse that was put on the children in the village they lived in. He thought about what it would be like if the children were able to run around and play with each other, take part in dances where everyone could socialize, and be a part of different competitions and races.
The king invited a few children to the palace to ask them how they felt about never playing outside or being physically active. He asked, “Do you wish you were able to play games like tag and other sports with your friends?” They both said they would love if they had the energy and desire to go outside and play. Jenny and Eric both imagined how much fun they could have.
The king could not take any more of this. He went to meet with the secret fairies. They discussed what needed to be done in the village to change this curse, and the fairies said once everyone was asleep they would cast the spell to allow the children to play again.
The village became dark and quiet as everyone was sleeping. The secret fairies cast their magic spell to allow all the children to join in playing tag and other games outside in the village each day.
However, while the children are playing if they are to see one of the two evil witches they need to freeze like statues. The best way to blend in like a statue was to stand balancing on one foot, with one hand holding onto the other foot. Their other hand is used to hold their nose.

They were to freeze like this until the witch flew away or she would see a child playing and cast another curse to switch places with the child and they would take the place of the witch and go back to not being able to play!
The next day, the children had so much fun running around and playing. When they saw the witch fly over them, everyone froze like a statue, except Jenny. She forgot!
The witch carefully watched Jenny as she moved around because she forgot to freeze. Next, she quickly swooped down and swapped places with the little girl. Jenny was now trapped as the witch, and the witch was a little girl.
Jenny now had to fly around and sneak up on the other children. She had to catch one of her friends not frozen so that she could switch places and play with the every one again.
Jenny and Eric went to thank the king and the fairies for helping them see how much fun it was to play with the other children.
The children went to visit the witches to invite them to come join their activities and games, because they were having so much fun and wanted to share their enjoyment. That's when they realized the witches were not all evil. They just wanted to be kids again and join in on the fun.
From then on, everyone had fun playing together, and staying active.
About the author:
My name is Megan Mossman. I am a fourth year student in the Education Program at the University of Regina. My major is dance, and my minor is literature.

This book was created as apart of Kin 180: Human Growth and Development Course at the University of Regina. Instructor: June E. LeDrew, Ph.D.

Resources:

Pictures from:
Sticker Book Treasure : Disney Princess
Sofia’s Royal Sticker Collection