

# Alaska's Sleeping Beauty

## ACTIVITY GUIDE & TEACHER RESOURCE

Mindy Dwyer

Ages 5 to 8

*"Fairy tales are unique, not only as a form of literature, but as works of art which are fully comprehensible to the child as no other form of art is. As with all great art, the fairy tale's deepest meaning will be different for each person, and different for the same person at various moments in his life." —Bruno Bettelheim, *The Uses of Enchantment**

Using text engagement and thinking skills, this activity guide draws connections to Common Core literacy standards CCSS.ELA-Literacy.RL.1-10 for kindergarten, first grade and second grade. Discover new words, learn about life in Alaska, and the cycle of salmon. Hands on projects include wildflowers, writing fairy tales, cooking, and art.

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## Do you know any other books by Mindy Dwyer?

What do you see on the cover?

What do you think the book is about?

## Do you know any other Sleeping Beauty stories?

How are they different?

How are they the same?

## Do fairy tales have magic?

What is magic? Is it when things happen that you cannot explain?

Alaska has a lot of extraordinary things that are real, yet hard to explain: northern lights (Aurora Borealis), days with no night, Fata Morgana (mirage of the atmosphere), days with no light, giant flowers and plants, salmon that swim 1,000 miles, earthquakes, three colors of bears, and a sourdough pot that stays alive.

## What it's about

*Alaska's Sleeping Beauty* is a fairy tale about a little girl that must sleep a long time before she is grown up. How can you tell it is a fairy tale? How do fairy tales begin? How do they end? What is the difference between a fairy tale and a fable?

What fairy tales do you know? Make a list.

In these fairy tales who is the main character? Who is the bad character?

Jack and the Beanstalk \_\_\_\_\_

Little Red Riding Hood \_\_\_\_\_

Beauty and the Beast \_\_\_\_\_

Cinderella \_\_\_\_\_

Rapunzel \_\_\_\_\_

Hansel and Gretel \_\_\_\_\_

What magical things happen?

Who eats a poisoned apple? \_\_\_\_\_

Who finds a house made of candy? \_\_\_\_\_

Who has long golden hair? \_\_\_\_\_

Who wears shoes made of glass? \_\_\_\_\_

 Cut these words out

## Put the words in the right boxes

Work together on the chalkboard to organize the where, who, what, and how.

bear  
.....  
princess  
.....  
witch  
far, faraway  
angry  
queen  
deep in the forest  
ogre  
lovely  
mean  
sad  
long, long ago  
edge of a lake  
brave  
grandmother  
father  
ugly  
tall  
strong

where	*who
what they look like	how they act

\*Which characters are usually bad? \_\_\_\_\_

Which ones are usually good? \_\_\_\_\_

Make up some more words for your list.

## Your own fairy tale

Fairy tales have recognizable parts:

1. begin in an imaginary place
2. good guys and bad guys
3. a serious problem
4. three repeating actions or words
5. something magical
6. the problem is fixed
7. happy ending

Put your words into the story box. Speak or write sentences to connect the words in the boxes, and you will have a story!

Try mixing up the story a little and see if it still works. Make a nice witch, or a lovely queen, or an ugly princess, or a sad bear.

1. where	2. who (the good guys and bad guys)
3. the problem or bad thing that happened	4. the pattern of three
5. the magic	6. how is it fixed?
7. the happy ending	



Heart pattern is a decorative arrangement of shapes.



## Looking at the pictures

The pictures in books are called illustrations. They “illustrate” or tell us what’s going on in the story. Sometimes the pictures show more than the words. Did you notice any pictures in the book that gave you more information? The author and the illustrator are the same person in this book. Usually there are two different people working on one book. The illustrations in this book were painted with watercolor.

### Shapes:

What shapes did you see in the book? What shapes did each character wear on their clothing?

Queen \_\_\_\_\_, King \_\_\_\_\_, Alyeska \_\_\_\_\_

Sister \_\_\_\_\_, Grandmother \_\_\_\_\_

Did the shapes tell you anything about them? Why? Why not?

Make shapes for your family. What shapes and patterns would you draw on their clothes?

### Hearts

How many heart shapes did you find in the book? \_\_\_\_\_

Where else do you find heart shapes?



potato



gate



rock



asphalt



leaf

### How to make a heart

Carefully draw an X.

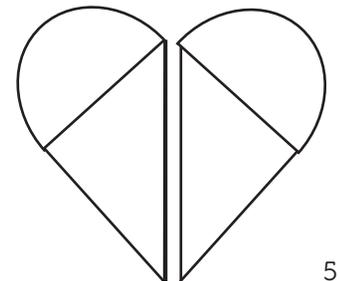
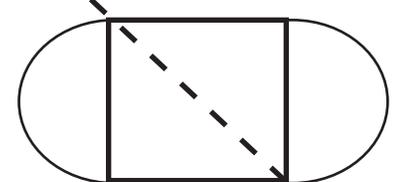
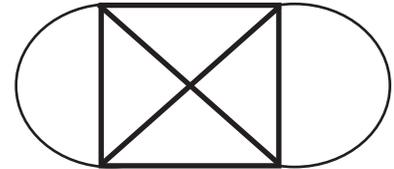
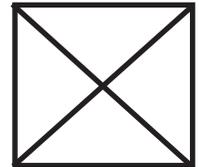
Draw a square box around it touching all of the edges.

Draw a half circle on each side.

With scissors cut out your shape.

Cut along one of the lines of the X.

Turn one piece over to make a heart shape.



## What is folklore?

It is wisdom or a common belief passed down from person to person that seems true, but may not have been proven.

## What is a dream pillow?

Dried herbs and flowers are put into a little pillow to make you feel calm, relaxed, or ready for sweet dreams.

## What are the parts of a flower?

Stamen, Pistil, Petal, Sepal, Leaf, Bud, Stem, Anther, Roots

The study of plants is called botany.

The study of animals is called zoology.

All plants and animals have scientific names to help identify which family they belong to. The first word is the Genus, and it is always capitalized. The second word is the species, and it is not capitalized even when it is someone's name. Both words should be in *italics*.

Your first and last name are always capitalized. Your last name is the family that you belong to, but your first name is your very own.

*Passiflora incarnate* is the scientific name for the passionflower.

*Epilobium angustifolium* is the name for fireweed.

## Fireweed

Is it a real flower? Is it made of fire?

It is called "fireweed" because the flower grows in areas after a forest fire or a clear cut.

What is fireweed cotton?

*"When the last of the fireweed cotton has flown, snow will follow in less than six weeks."*

Do you think it's true that after flowers go to seed, winter will come in six weeks?

Have you heard of the groundhog seeing his shadow? Do you know of any other folklore?

## What is a passionflower?

It is a climbing vine also known as maypop, wild passion vine, wild apricot or purple passionflower. Passionflower petals are dried and used as an herb to help people feel calm and sleepy.

## How to make paper flowers

Materials:

Florist tape or masking tape

Construction paper

Pencils, scissors

Optional: pipe cleaners

See the drawing on page 14.

Starting at the top of the flower make the curly filaments with pipe cleaners or paper (cut out thin strips of paper and roll them around a pencil to make them curl) and tape them to the pencil.

Next cut out a strip of paper with very thin cuts to make fringe. Tape it around your flower stem.

Cut ten large petals and round the edges taping them to the bottom layer of the flower.

## How to make fireweed honey

If you lived on an Alaskan homestead you had to be resourceful. That means making due with what you had because you couldn't just go to the store to get the things you wanted or needed.

Honey was not always available so the homesteaders used a recipe similar to making jam. To make jam you use pectin to thicken the berries. To make fireweed honey the homesteaders boiled water and added clover and fireweed petals, sugar and alum to thicken it.

## Easy Sourdough Bread

1 ½ c warm water  
1 pkg. yeast or 3 t  
2 T sugar  
2 t salt  
1½ c sourdough starter  
¼ c oil  
5 cups flour

**SPRINKLE** yeast into water.

**MIX** in sugar, starter, oil, flour and salt.

**KNEAD** until smooth and elastic. (Knead sounds like need, when you must have something. This word means to roll and push and mix the dough.)

**PLACE** in greased bowl (smear with butter or oil) and let **RISE** until double.

**PUNCH** down.

**SHAPE** loaves.

Let **RISE** until double.

**BAKE** at 450 degrees for 10 minutes.

**LOWER** to 375 degrees for 30 minutes or more.

**BRUSH** the tops of the loaves with water ten minutes before they are done to make the crust crispy.

## What is yeast?

Yeast is a fungus. Do you know of any foods that are fungus? If you like mushrooms on pizza, that is a fungus and so is the yeast that makes the dough. Wine, beer, soy sauce, blue cheese, and medicine are made from fungus.

What is the plural of fungus?

## What is sourdough?

During the gold rush, Alaskan prospectors carried a pot of fermented or sour dough for making bread. Gold miners and people who have lived in Alaska a long time are sometimes called "sourdoughs."

You need yeast to make bread rise, but yeast was very hard to get and to protect from getting too hot or too cold. Out on the trail, food was more important than money so you could not afford to waste any supplies. Sourdough produces yeast as it ferments. To keep sourdough alive you feed it a little flour and water each week.

On cold nights the gold miners would tuck their sourdough under the covers to keep it from freezing. There are people in Alaska that have kept their sourdough alive for many years.

## Heart-shaped Pretzels

How do you make enough pretzels for your whole class? Recipe is for 8 pretzels. How many people are in your class?

### Two ways to do math:

1. Everybody stand up in a circle. Count out loud starting at one end of the circle and go all the way around. How many people are there? Count out eight people and stand together in a clump. Count out eight more people and make a clump. How many are left? Can you make another clump of eight? Keep going until you have less than eight people left. Count how many clumps you have and that is how many recipes you need. If you had three clumps and some people left over, then you make the recipe four times. Instead of 1 c of warm water how many cups would you need if you made it four times?

2. Draw an X for every person in your class. How many X's? Draw a circle around 8 of those X's. How many are left? Can you make another circle of 8? Are there any left? Count how many circles of 8 you have and that is how many recipes you must make. If there are any left over X's then you must make another recipe. If there are 4 people left and you make another recipe for 8, how many extra pretzels will you have?

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## Pretzels

*Makes 8 pretzels*

1 c warm water  
3 t yeast  
3 c flour  
2 T butter, melted  
1 t salt  
1 egg and 2 T white vinegar, beaten

**DISSOLVE** yeast in warm water until it bubbles.

**ADD** 3 c flour, 2 T butter and 1 t salt.

**MIX** and **KNEAD**.

Let **RISE** until double one half hour to one hour.

**GREASE** a baking pan with butter.

**PREHEAT** oven to 375 degrees F.

**DIVIDE** dough into 8 balls.

**ROLL** each ball on a clean surface into a snake. To make a pretzel shape, grab the left side of the snake with your right hand and the right side with your left hand then crisscross over making two loops. Or make a heart shape and twist it closed. Line the pretzels up on a baking sheet and brush with the egg and vinegar mixture. **SPRINKLE** with salt.

**BAKE** 15 to 18 minutes or until golden.

## Find new words

Look at the picture, read the whole sentence and see if you can figure out what the word means.

...*"he gave the child a rock laced with gold."*

Do you know what lace looks like?

What does a rock laced with gold look like?

*"Lets invite the elders to sit at our table," sang the Queen. "They will share their wisdom to help our child grow up."*

**Elder** is a noun and an adjective.

**Elder** as a noun can be a person who has an important position in a community or as an adjective it describes someone as being older.

## What is onomatopoeia?

on·o·mat·o·poe·ia—noun

An onomatopoeia is a word that sounds like the thing or action it describes, such as clickety-clackety.

Do you know of any?

**Alpenglow**—noun; a reddish light on the tops of snow-covered mountains at sunset or sunrise

**Blushed**—verb; to become a rosy pink color

**Cackled**—verb; to laugh in a shrill, broken manner

**Clickety-clack**—noun; a rhythmic, swiftly paced succession of alternating clicks and clacks, as the sound produced by the wheels of a train moving over tracks (see Onomatopoeia)

**Coho**—noun; name for a silver salmon

**Elder**—noun; someone older or of importance in a tribe or community

**Fireweed**—noun: name given to plants that grow in burned clearings

**Lox**—noun; a salt or sugar cured salmon often eaten with cream cheese on a bagel

**Maiden voyage**—noun; the first voyage of a ship by its new owners

**Midwife**—noun; person trained to help women in childbirth

**Passionflower**—noun; the name for a climbing vine or shrub with showy flowers

**Radiant**—adjective or describing word; having rays of light, shining bright

**Salmon roe**—noun; a delicacy (highly regarded/expensive/hard to get) around the world food made from the eggs of salmon that are high in omega oils (the healthy kind of fat)

**Savory**—adjective or describing word; pleasant or agreeable in taste or smell that is usually not sweet

**Solstice**—noun; two times a year the sun reaches its greatest distance from the equator; summer solstice is June 21 (most northern), winter solstice is December 22 (most southern)

**Sourdough**—noun; name for a fermented dough or a prospector, pioneer or long-time resident of Alaska or Canada

**Swaddled**—verb; to wrap tightly with cloth to prevent free movement

**Vat**— noun: a large tank or tub used to hold liquid

**Wretched**—adjective; miserable; despicable, mean

## Recognizing words

Understand the prefix or the beginning of words such as happy and unhappy.

What do these words mean?

retrace

debone

upriver

uninvited

unaware

Use the root of a word as a clue to understand the meaning of an unknown word.

The five senses are, taste, see, smell, hear and touch.

What does "sensory" mean?

What sensory words did you find in the story?

Proper names must always be capitalized.

"...her eyes were blueberry blue and her hair was Copper River red."

Why is Copper River capitalized?

Copper River is a place.  
Copper is a reddish color.

## Compare

The story says that the King's heart is as big as a whale's, and that Alyeska is as pretty as a wildflower.

Compare these words to another word:

bright as \_\_\_\_\_

long as a \_\_\_\_\_

sharp as a \_\_\_\_\_

big as a \_\_\_\_\_

mean as a \_\_\_\_\_

lovely as a \_\_\_\_\_

long as a \_\_\_\_\_

**Put unlikely words together to make an interesting picture and allow ordinary things be extraordinary.**

*"...Just as salmon swim great distances upriver, news of the birth spread far and wide to the Queen's oldest sister."*

**Did the news swim upriver or did it travel a long way?**

*"...His eyes took a long drink of the crazy color, bright as liquid fire."*

**Can eyes drink? Can fire be liquid?**

*"...sat at the mouth of a great river, swallowing up salmon without a single net."*

**Do rivers have mouths? Can they swallow?**

*"...his loud voice quaking the palace"*

**Does the voice make an earthquake?**

*"...she gently swaddled the baby in a blanket spun of sunlight."*

**How do you sew with light?**

*"...In the ashes of stillness, fireweed began to grow."*

**Are ashes quiet?**

## Imagine...

What kind of voice would the main character have?

Mean sister? \_\_\_\_\_

Grandmother? \_\_\_\_\_

What would the dad's voice sound like? \_\_\_\_\_

What would a talking salmon sound like? \_\_\_\_\_

## Finding details

Who is telling the story?

Who are the characters?

What happens to the main character?

Does the character do what she is told to do?

What kind of cradle does the baby princess have?

The baby's blanket is made of threads made of what?

What is the name of the new fishing boat?

Where does the story take place? When?

Why is the king counting to thirteen?

How many flowers are in the maze?

## What happens next in the story?

The mountains turn pink and then...

The Queen dips her toe in the water and...

The King says that he wants to have a celebration and then...

The midwife find something in the cradle and...

The guest bangs her fists on the table and...

The King and Queen take a ride in their new boat and then...

The main character finds a bird on the trail and then...

Read the words and name the parts of the salmon.

head

cheek

eyes

mouth

gills

scales

dorsal fin

pectoral fin

pelvic fin

tail



## Salmon

In this story there are salmon that talk, salmon that get caught without nets, smoked salmon, and salmon chowder.

Chowder is a soup made with fish. Do you like to eat salmon? How many different ways are there to eat salmon? The little boy's name is Coho which is also a type of salmon.

**Coho** are the Silver salmon. Eggs are laid in the riverbeds close to the ocean. Coho are the favorite fish for sport fisherman because they are strong fast swimmers and very good jumpers.

**Chum** are the Dog salmon. Eggs are laid 100 miles from the sea. The fry hatch in the spring and swim straight to the ocean. After three or four years when they are fully grown they swim back upstream. The males and females get a dark line on their side, changing to gray and black or dark red color. The males grow a hook nose and large teeth, giving them the name "dog salmon."

**Humpies** are the Pink salmon. The eggs are laid in streams that are not fed by fresh water lakes. The fry drift to sea right away and spend two years feeding in the ocean, growing very quickly. Males and females change from bright silver to gray and have a light yellowish belly. The males grow a hump but the females do not change shape.

**Sockeye** are the Red salmon. From the spawning ground in the stream, the small fry swim to a lake. When they are one to three years old they are called fingerlings. They swim 1,000 miles to the ocean to grow until they are five or six years old and ready to begin the return upstream. Males and females turn from silver to red as they spawn; the males have a hump on the back.

**Chinook** are the King salmon. The spawning grounds can be 10 to 1,000 miles from the ocean. Some of the young fry swim straight to sea. Some wait for a year or two before they leave. They swim deep when they return home to spawn making them hard to see. Their color goes from bright silver to dark brown, but their shape doesn't change.

**Draw a line to connect the salmon names.**

Silver

King

Humpy

Red

Dog

Chinook

Chum

Pinks

Sockeye

Coho

## Life Cycle of a Salmon

All salmon begin as eggs and go through each of the stages of growth until they are adult fish.

Each species is unique spending different amounts of time growing and choosing when to return to the stream to spawn.

### Spawning

is when adult fish go back to the streams where they were born to lay their eggs. As they swim, they change color and can even change shape. The female salmon make the redd and lay the eggs. This is the end of the cycle for the adult salmon and the beginning of the cycle of life for the new generation of salmon.

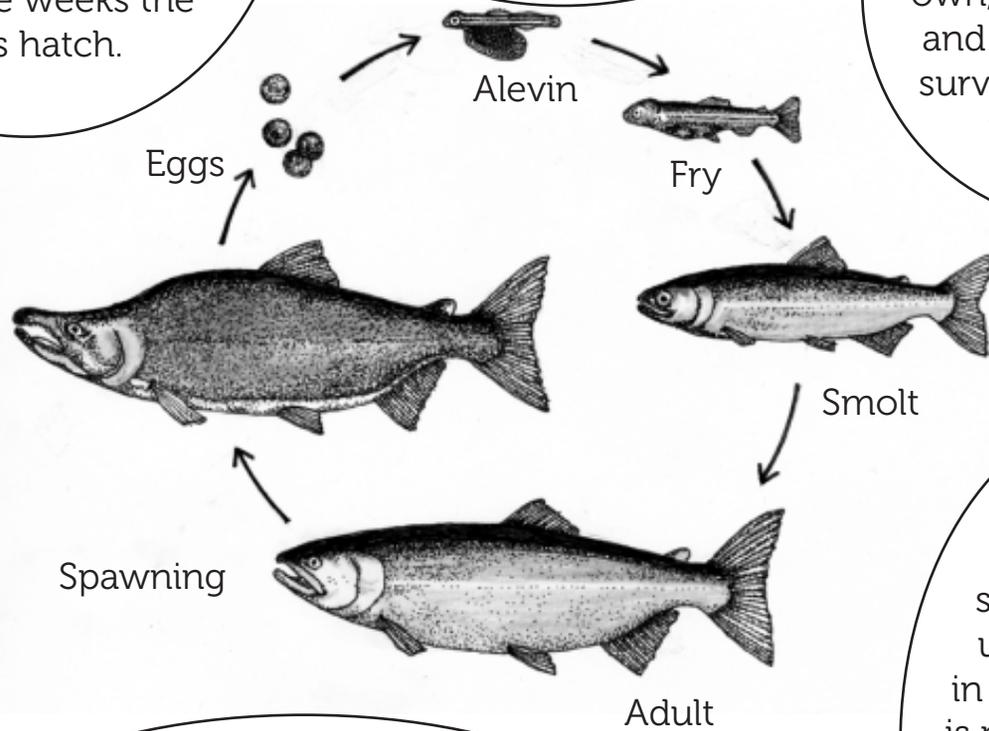
**Eggs**  
are laid by the female salmon. She digs a little hole in the gravel called a redd using her tail. The male salmon comes along to fertilize the eggs with milt. In six to twelve weeks the eggs hatch.

**Alevin**  
are newly hatched fish. They survive on the yolk sac of the egg for several weeks until the egg sac is gone and they must look for food.

**Fry**  
are young salmon looking for food on their own, learning to hide and stay together to survive and navigate the fast river currents.

**Smolt**  
is a young salmon fry grown up enough to live in salt water safely. It is now ready to make the trip down the river to the ocean where it will spend most of its life growing and becoming an adult.

**Adult**  
salmon grow to their full size in the ocean. It takes one to five years depending on the type of salmon. They must survive to make the journey back to the streams to lay their eggs.



Anthers carry the \_\_\_\_\_.  
Color them yellow.

Filaments hold  
up the anthers.  
Color them purple.

The \_\_\_\_\_ are pretty and  
colorful to attract bees to visit them.  
Color them red.

Color the bud pink.

\_\_\_\_\_  
Color these green.

Flowers are important to  
plants because they make  
\_\_\_\_\_s.

Stigma is the sticky part on top of the  
style that catches the pollen.

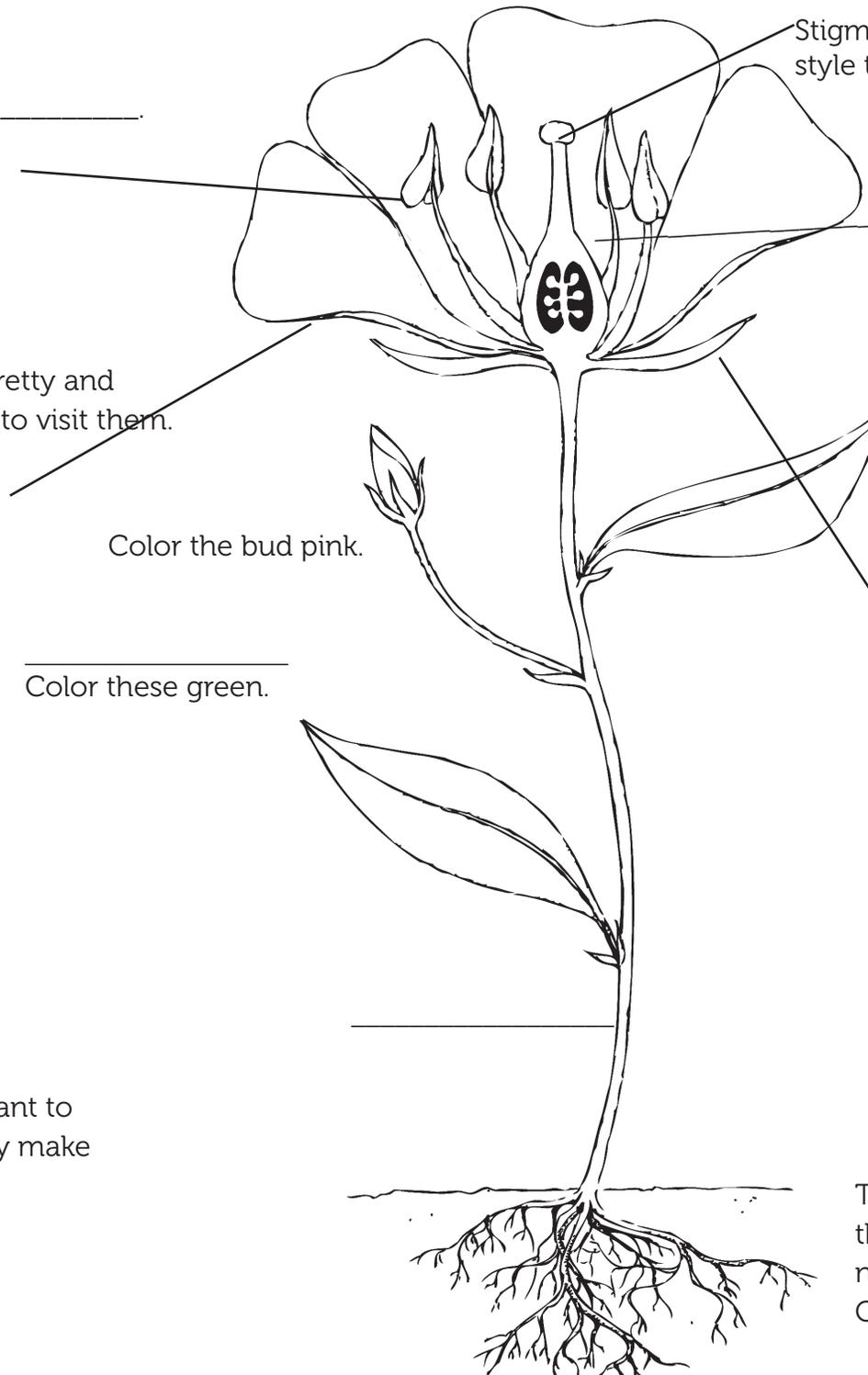
The style holds up the stigma.  
Color it orange.

Ovary is inside the style where  
the seeds will be made.  
Color the seeds blue.

The \_\_\_\_\_ protect the  
buds while they grow until the  
flower opens up.  
Color these dark green.

Bees bring pollen from flower to  
flower as they collect nectar. This  
is called \_\_\_\_\_.

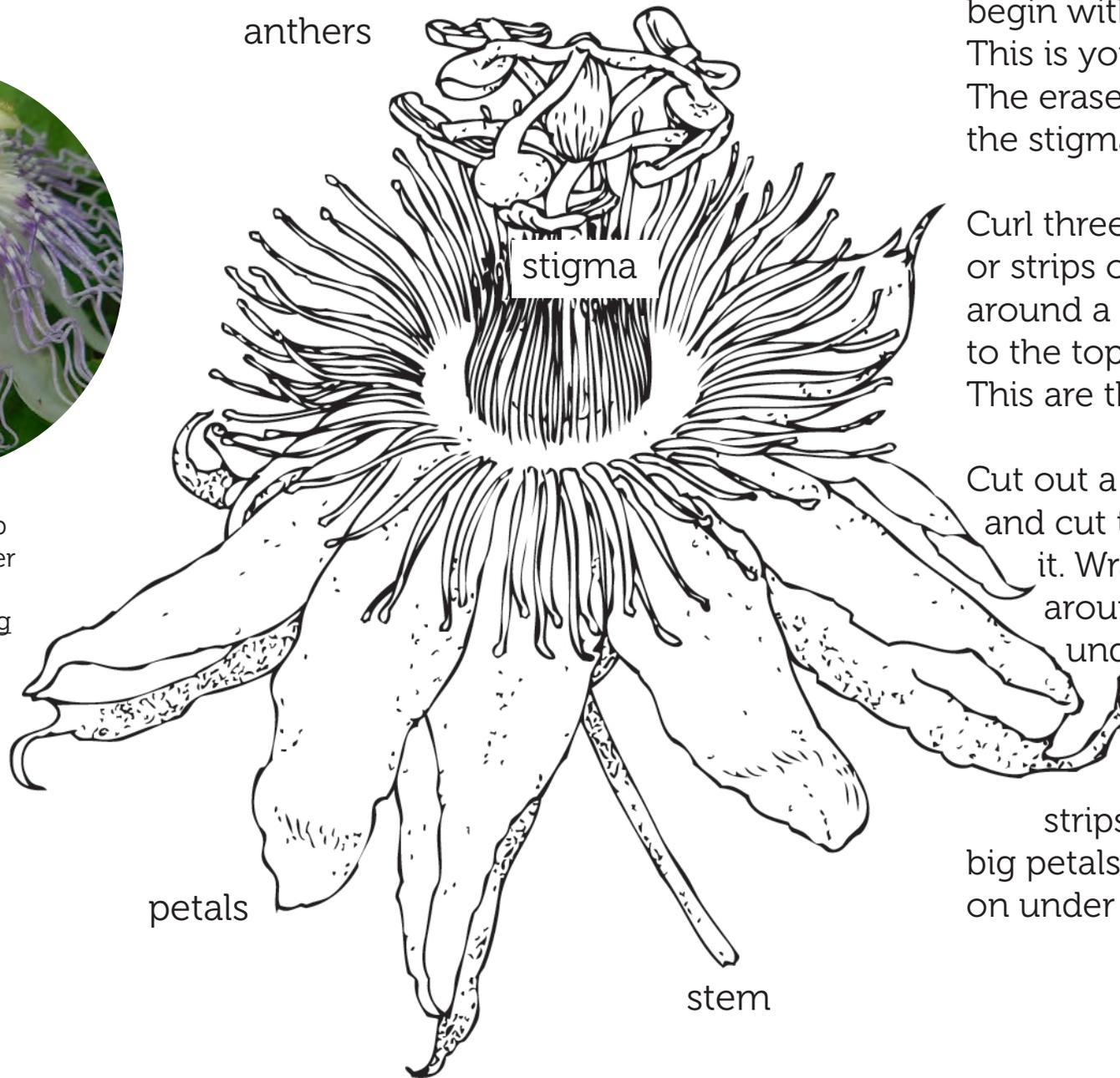
The \_\_\_\_\_s hold the flower in  
the ground and give the plant  
nutrients and water.  
Color them brown.



# Passionflower



To see amazing close-up photos of a passionflower go to this address:  
<http://tinyurl.com/lz25f7g>



To build your flower begin with the pencil. This is your stem. The eraser top will be the stigma.

Curl three pipe cleaners or strips of colored paper around a pencil and tape to the top of your pencil. This are the anthers.

Cut out a strip of paper and cut thin strips into it. Wrap these strips around the pencil under the eraser.

Cut ten rounded strips to make the big petals, and tape them on under the fringe.