The Twists and Turns of the Sibling Snail Trail



Sibling Activity Kit

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ILLUSTRATED BY OWLFENS

THE Snail Trail Journey

Take a finger walk on the Snail Trail!



S - Start tracing the path with your finger.

A - Allow your mind and heart to settle into the journey.

G - Gently trace the path with your finger and pause at the center.

E - Exit by tracing your path back to the entrance.

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"Fold, Find and Feel Better" Fortune Teller

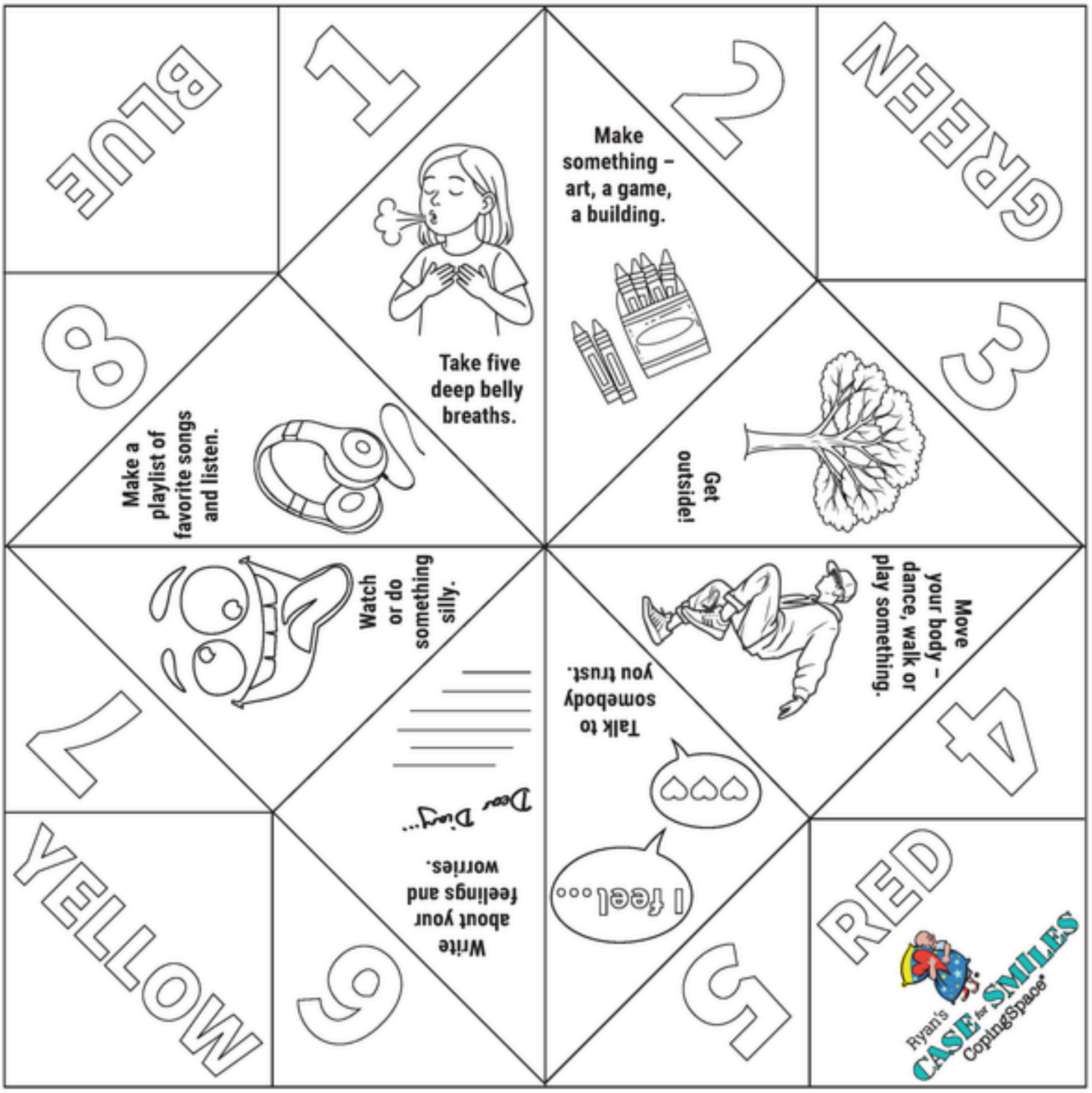
Cut, color and fold this fortune teller full of ideas to help you manage your emotions. Instructions to make and play are below. Then keep it nearby and play anytime you need a little support.

How to Make Your Fortune Teller

1. Cut out and color the large square at the bottom of the page.
2. Fold the square in half horizontally (side to side) and then vertically (top to bottom) making creases that intersect in the center. Unfold completely.
3. Flip the paper over. Fold each of the four corners inward so their points meet at the center of the square (where the creases intersect).
4. Flip the paper over again. Fold each of the four corners inward again so their points meet at the center.
5. Fold the resulting small square in half horizontally and vertically. Unfold.
6. Insert your thumbs and index fingers into the four pockets formed at the corners and gently pinch them together to create the fortune teller shape.

How to Play

1. Choose one of the colors on the outside flaps of the fortune teller.
2. Spell out the letters of the chosen color while opening and closing the fortune teller. Alternate between opening it side to side and top to bottom with each letter. Leave the fortune teller open when you finish spelling.
3. Look inside the fortune teller and choose one of the numbers revealed on the inside.
4. Count out the chosen number while moving the fortune teller side to side and top to bottom as before. Leave the fortune teller open when you finish.
5. Pick a final number and lift the flap to reveal an activity to help you feel better.



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My Family and Me



Sage liked to munch mushrooms, lick lettuce, and bite berries with Sister Snail. In the space below, draw or write activities you enjoy doing with your family or the person who takes care of you. Use colors to help show how you are feeling!

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Snail Trail Slime



What you need

- a bowl
- a mixing spoon
- a (5 oz) bottle of washable liquid glue (clear or white)
- 1/2 teaspoon baking soda
- 1½ tablespoon contact lens solution
- warm water (to make your slime stretchier)

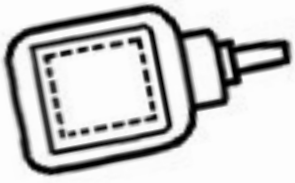
Optional: Food coloring or glitter sparkle!

Ready to have your own snail slime fun?



How to make your slime!

1. Pour glue into the bowl.
2. Add baking soda, contact lens solution and warm water.
3. Stir gently to mix thoroughly.
4. For stretchier slime, add small amounts of warm water until you reach your desired consistency.



* add food coloring or glitter for extra sparkly fun!

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Amazing Snail Facts!



1. There are about **30,000—35,000** land snail species. Also, there are roughly **45,000** species of sea snails and sea slugs (some estimates are even higher!). By comparison, there are about **6,600** species of mammals.

2. Most snails have many tiny teeth attached to a "toothy tongue" called a radula. (Some snails and slugs have thousands of tiny teeth!)

3. Most land snails have eyes at the end of their eye stalks. (Land snails are often depicted otherwise, with their eyes on their head with their eye stalks as "antennae".)

4. A land snail's shell grows with it throughout the snail's life. (A shell starts out small and grows with the snail as it grows; it can't leave its shell, it is attached to it like a turtle is attached to its shell.)

5. Many land snails can pull their bodies deep into their shells and produce a protective covering over their shell opening when it is too hot, cold, or dry. (This structure is called an epiphragm.)

6. Land snails can make a few different kinds of slime; the most common allows them to crawl along the ground easily and unharmed.

7. As far as scientists can tell, snails cannot hear sounds—they have no ears or ear-like structures. (They can feel vibrations, though.)

8. Land snails that live on islands are one of the most endangered groups of animals on Earth. (One of the other most endangered groups is also a mollusk—the freshwater mussels.)

9. Land snails are most closely related to clams, oysters, squid, octopus, and other mollusks. (These other mollusks include tusk shells (called scaphopods), chitons, and a few lesser known groups called monoplacophorans, caudofoveata, and solenogastres.)

10. Land snail species live on trees, in caves, in grasslands, every kind of forest, on the tops of many mountains, and even in deserts. The only place they don't live is the Arctic and Antarctic.)

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Big Feelings



In our story, Sage thought about how her emotions felt like they could no longer fit inside her shell. Write or draw about big feelings that you may share with Sage and her friends.

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