

# Wellness Cove

*Where Kids Begin Their Wellness Adventure*

Third Grade Workbook

**Saving Our  
Underwater  
World**

**SAMPLE**



## The Wellness Crew

On this adventure, you will travel to the island of Turtle Cay in order to help some new friends save the turtles and the coral reefs there.



Rosie



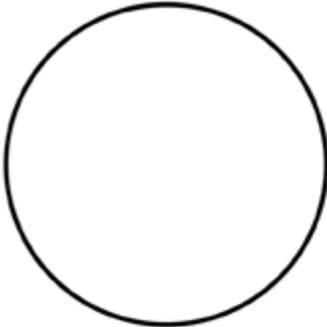
Bodhi



Izzy



Alex



Draw Yourself Here



Bella



Chef Maria



Coco

## Some New Friends

You will make some new friends on this adventure.



Chris



Naomi



Professor Smile



Jay

## And Some New Ocean Friends

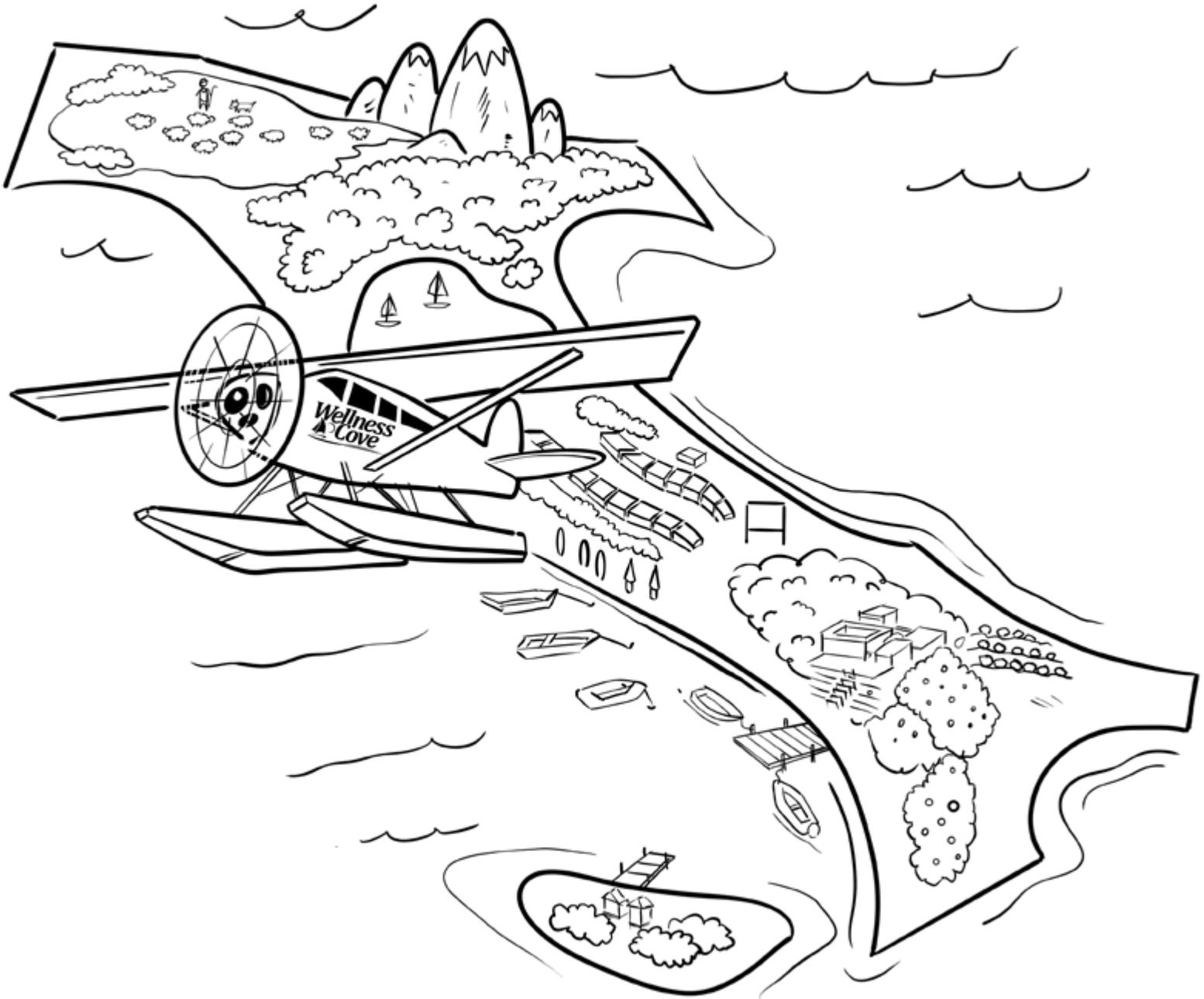
You will also learn lots about our ocean friends.



# Introduction: The Adventure Continues!

At the end of the 2nd Grade Workbook, *The Journey to Lemon Key*, Rosie received a note from her friend Chris who is a marine biology student on the island of Turtle Cay. Chris needs help from the Wellness Crew because the coral reefs are dying and the turtle population is shrinking. The Wellness Crew load up and head off to Turtle Cay, the next stop on their amazing wellness adventure.

Hop in \_\_\_\_\_ Your Name Here \_\_\_\_\_, there is room in the seaplane for you and the Wellness Crew wants you to join them on this mission. They need YOUR help too!



**IT'S COOL  
TO BE SMART**

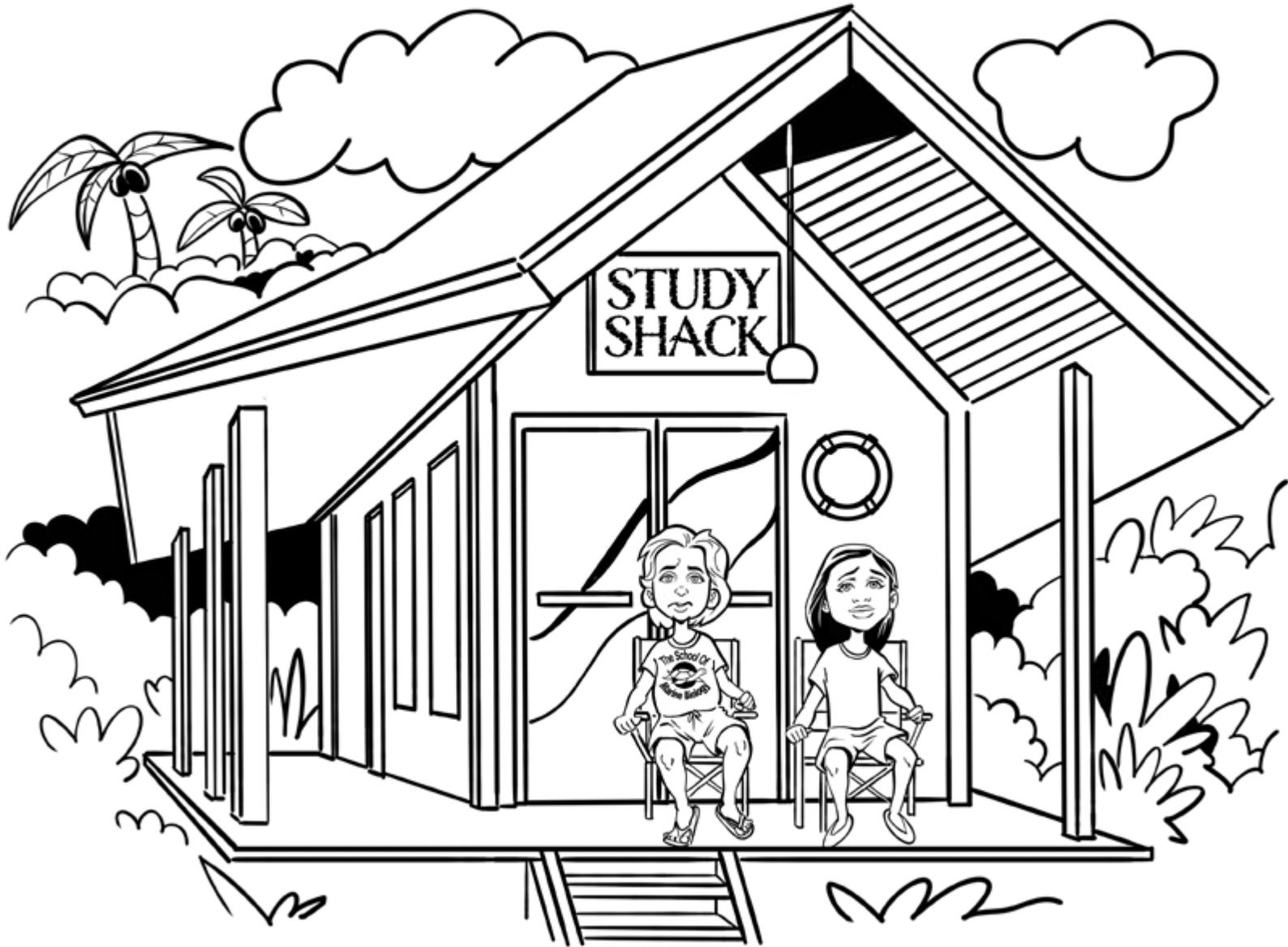
**A Cay is a small island that is usually flat.** The word **Key** means the same thing. On your wellness adventure you have traveled from Paradise Key to Lemon Key, and now onto Turtle Cay. Are there any Keys in the United States? Have your teacher or parents help you look up the answer on their computer. Where are the Keys in the United States?

Try to find Key Largo and Key West on a map. Could you find them?

# Chapter 1

## Crisis on Turtle Cay

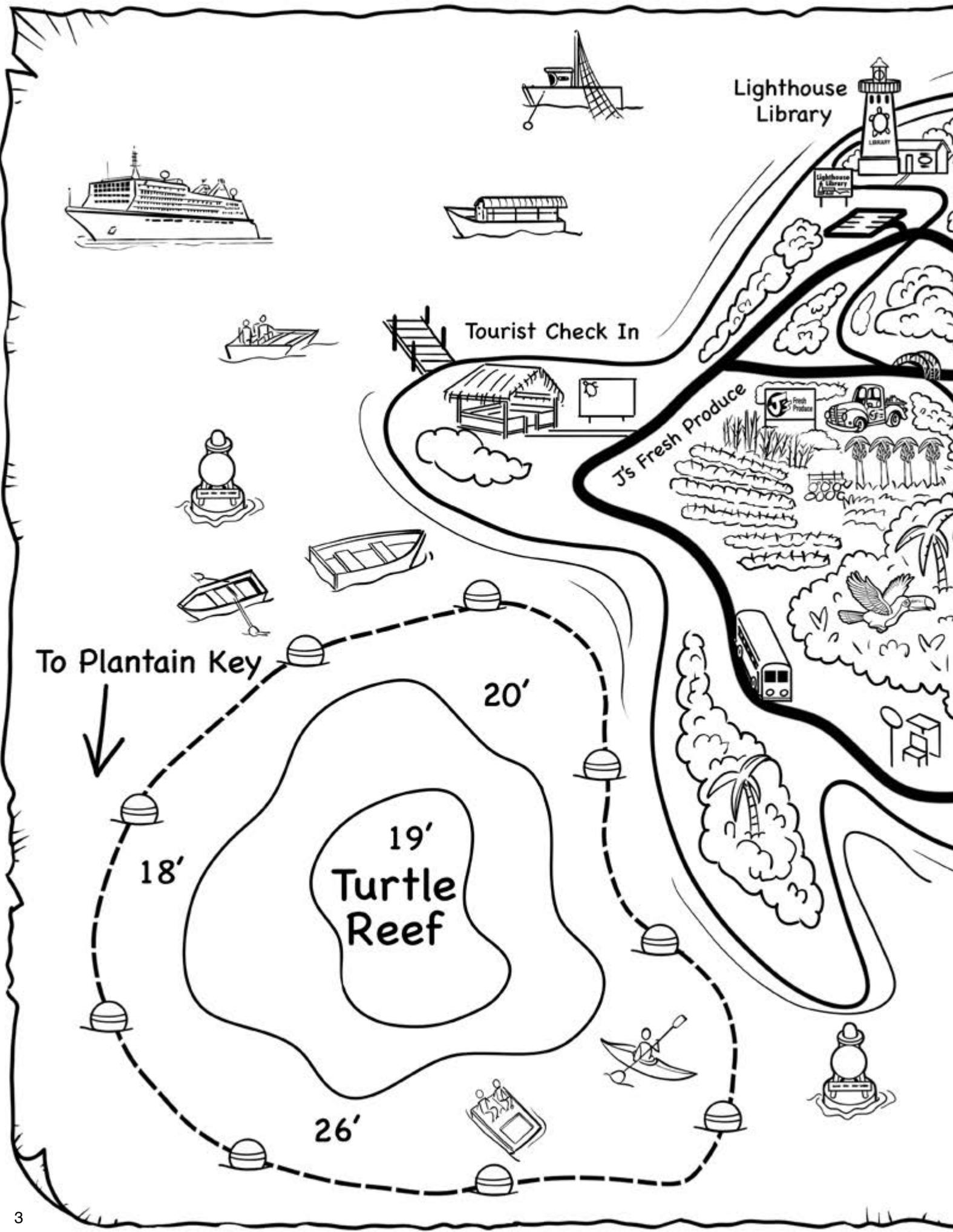
Chris and his friend Naomi are students at the famous **School of Marine Biology** on Turtle Cay. **Marine Biology is the study of the ocean.** Chris is studying the coral reefs and Naomi is studying the sea turtles. Both students are worried because the ocean does not seem healthy. Naomi notices that there are fewer and fewer turtles. Chris thinks that the coral reefs are slowly dying off. Together, they want to save the ocean, but this is not going to be easy. They will need to work together and they will need your help too.



On this adventure, Chris spends a lot of time in The Study Shack trying to figure out how to save the coral reefs. When you see this symbol it's time to use your brain and solve a problem. The map on pages 3 and 4 show Turtle Cay and the surrounding **coral reefs**.

**A coral reef is a large underwater rock structure that is created by living creatures called coral.** Study the map to answer the following questions:

1. Which coral reef is closest to the Study Shack? \_\_\_\_\_
2. The numbers around the reefs represent the depths of the water in those locations. Which reef has the deepest waters? \_\_\_\_\_
3. Which reef is the furthest west on the map? \_\_\_\_\_



# TURTLE CAY



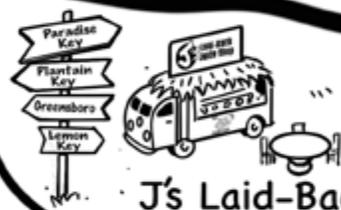
Ship Wreck Reef



Captain  
Johnny Danger  
Ship Wreck Site

School of Marine Biology

The School of  
MARINE  
BIOLOGY



J's Laid-Back  
Juice Shop

Turtle Cay Loop

Muscle Beach

To Paradise Key

To Lemon Key

Study Shack

DIVE SHOP

Dive Shop

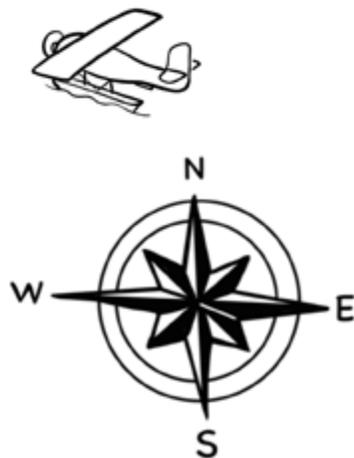
34'

Parrot Fish Reef

16'

31'

26'



# The Shrinking Turtle Population

Naomi is sad because there seem to be fewer and fewer turtles at Turtle Cay. This island has been known for its thriving turtle population. This has attracted many tourists to come see the turtles. However, it seems that the tourists are doing more harm than good.



Throughout the workbook you will be trying to **Save The Reef** by earning stickers to place on pages 61 and 62. The first 12 stickers are in the front of the workbook. Sticker #1 is called brain coral because it looks like your brain, so let's think and use our brains. To earn this sticker try to answer the question, How can we help the turtles? \_\_\_\_\_

Once you earn the sticker, find the correct location to place the sticker on the coral reef on page 61.

## The Coral Reefs Are Dying

Chris goes scuba diving every day as part of his research. He has observed that the coral reefs do not look healthy. Remember, a coral reef is a large underwater rock structure that is created by living creatures called coral. As part of his research, he has become very good at observing things in the ocean. He is taking pictures of the reef with his underwater camera. He observes that there are not any living coral on this reef. He observes that the reef is grey, not colorful like the coral in his aquarium back at The Study Shack.

Color the reef gray.



**To “Journal,” when used as a verb, means to simply write down your ideas.** When you journal, you are writing just for yourself. Therefore, you can feel free to write without being judged. This is fun and also healthy. In this exercise you will need a small notebook and a pen to start your journal. Chris observes that the reef is grey and can only find one fish today. When you go outside for recess or when you go home, observe where you see the most animals, insects, and birds. What colors do you see in those areas? How is the reef in this drawing different than what you observed outside? Try to be really observant like Chris, and write down what you see in your journal.

# Chris Is Feeling Down

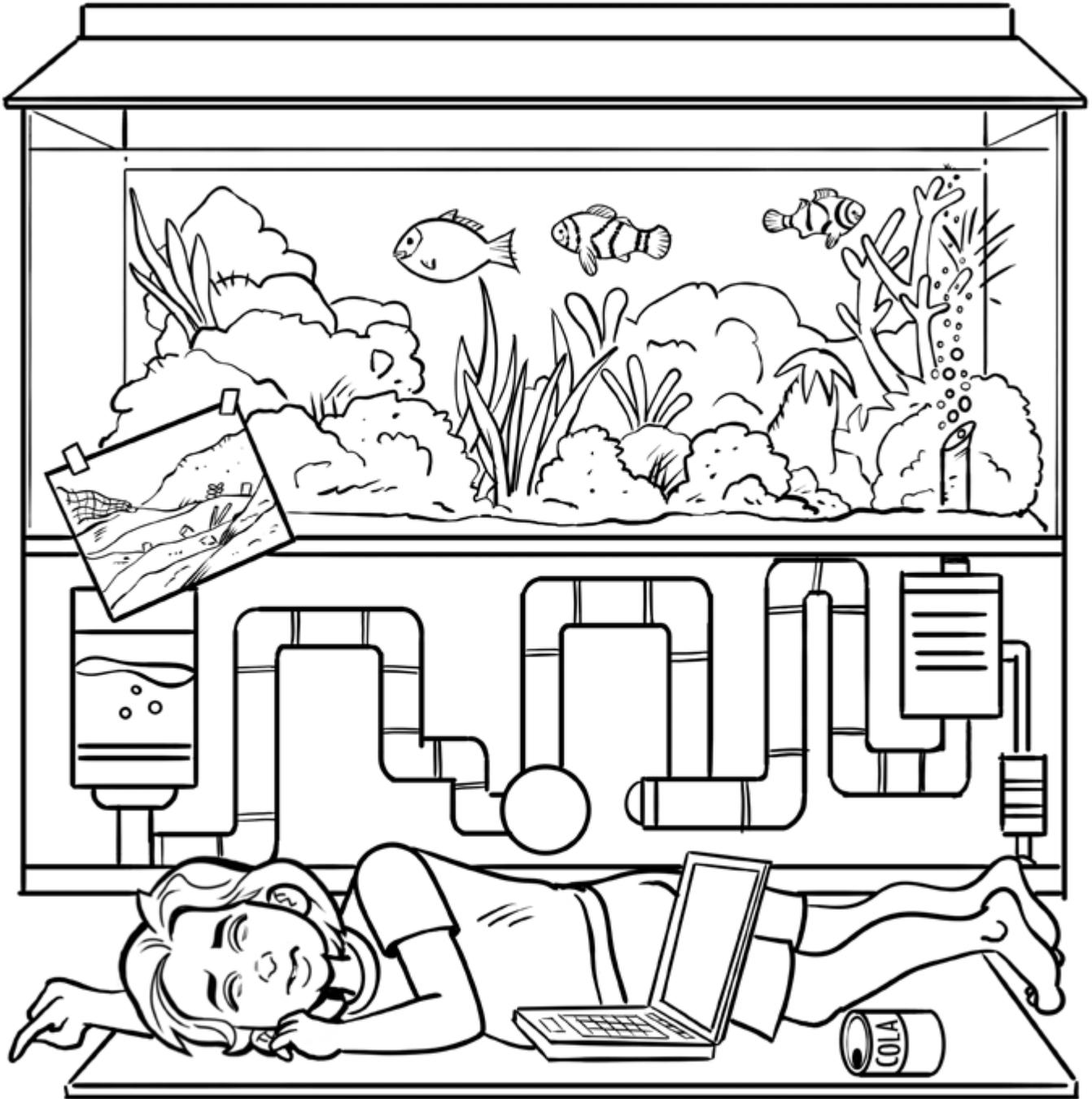
Chris is becoming more and more **discouraged** because he does not feel like he will be able to save the reef. **To become discouraged means to lose hope.** He feels like this is too big of a problem for him to solve. Even though Professor Smile tells him that he is one of her smartest students, he does not believe it. He thinks that he will never make a difference.



Sticker # 2 is a Palm Tree Coral. This coral is made of many tiny polyps that each look like a palm tree. **Polyps are the living part of the coral.** Turtle Cay has a tropical garden in the middle of the island that has lots of palm trees, fruit trees, and tropical birds. When you are discouraged, it is a good idea to focus on things that make you happy. To earn this sticker you will meditate for 5 minutes. Sit comfortably, close your eyes, and take 3 slow, deep breaths. Now imagine that you are exploring the tropical garden on Turtle Cay. Relax and enjoy your adventure. This type of meditation is called visualizing.

## Chris Crashes In The Study Shack

Chris is exhausted. He decides to crash in The Study Shack, rather than go home and get a good night's sleep. He does not sleep well because he worries about the coral reefs. He feels helpless. However, tomorrow is a new day and his friend Rosie and her friends are coming to help him.

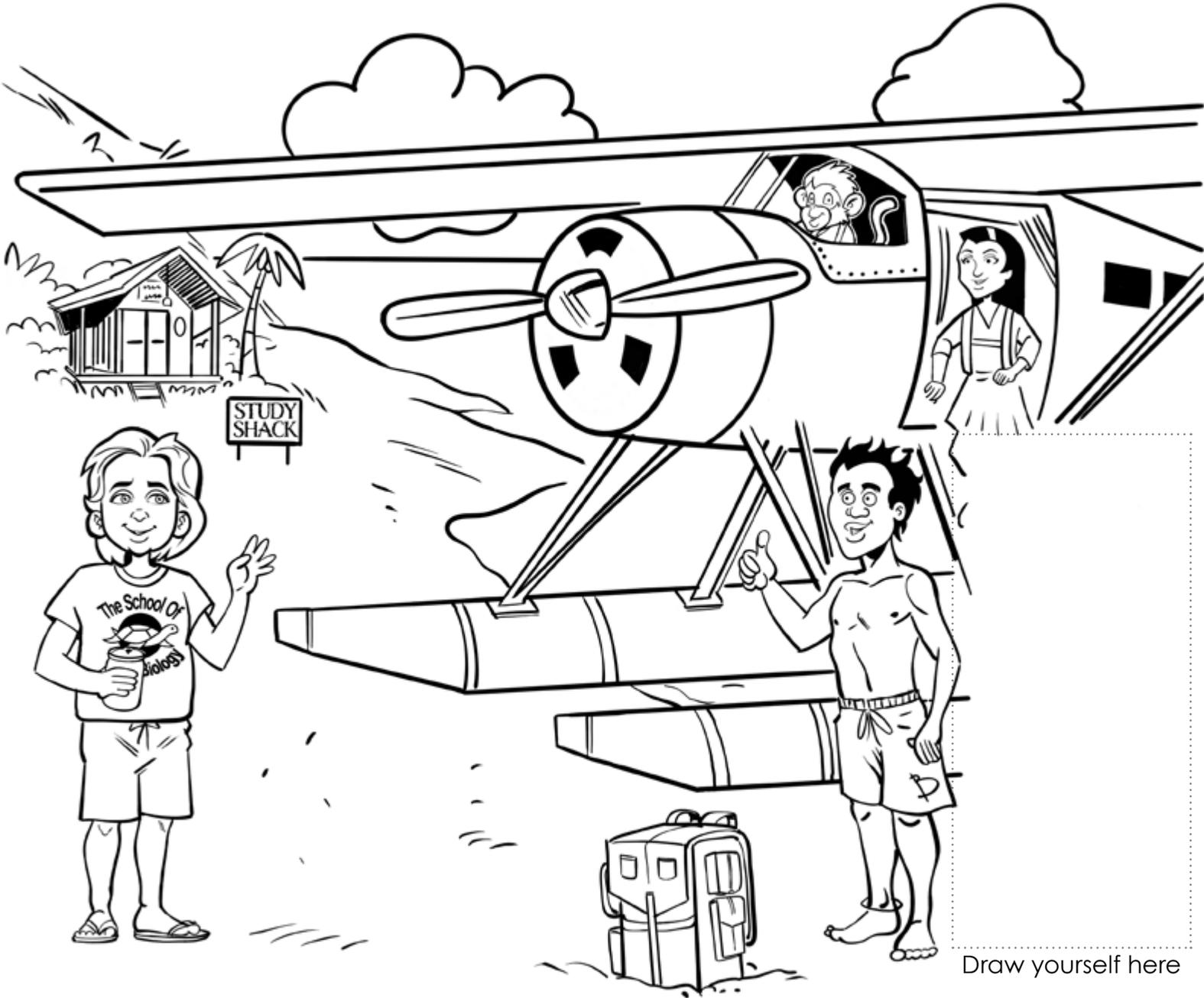


**TIME TO  
JOURNAL**

Chris and Naomi are worried about our oceans. In your journal, write down why you think that it is important to save our oceans. Don't worry about getting the right answer. There are lots of right answers. Put on some relaxing music and journal. You can also color Chris's aquarium which is filled with colorful fish and coral."

# The Wellness Crew Arrives

The Wellness Crew arrives to help Chris and Naomi save the coral reefs and the sea turtles. Working alone is not as much fun as working together. Plus, lots of brains working together helps to come up with great ideas. We all have different talents and when we combine our talents good things happen.



Sticker # 3 is a Sea Anemone and a clownfish. (Anemone is pronounced uh-**neh**-muh-nee.) Sea anemone's are attached to rocks and have polyps which sting small fish which they then eat. Remember, polyps are the living part of the coral. Clownfish have a special coating which protects them from the sea anemone's polyps. You may remember that Nemo, in the movie "Finding Nemo," was a clownfish. To earn this sticker let's get some exercise! Do each of the exercises on page 10 to earn your sticker.

# EXERCISE BREAK



Reach for the sky, get up on your toes, and tighten your stomach. Try to hold for 15 seconds.



Try the stretch that Rosie is doing. This stretches your back, the back of your thighs, and your calves. Hold for 15 seconds.



Now try the stretch Alex is doing. This stretches the muscles in the front of your thighs. Do this for 15 seconds also.



You learned to plank in the 1st Grade Workbook. Now you will learn the dolphin. Going back and forth between these 2 exercises will have you swimming like a dolphin.

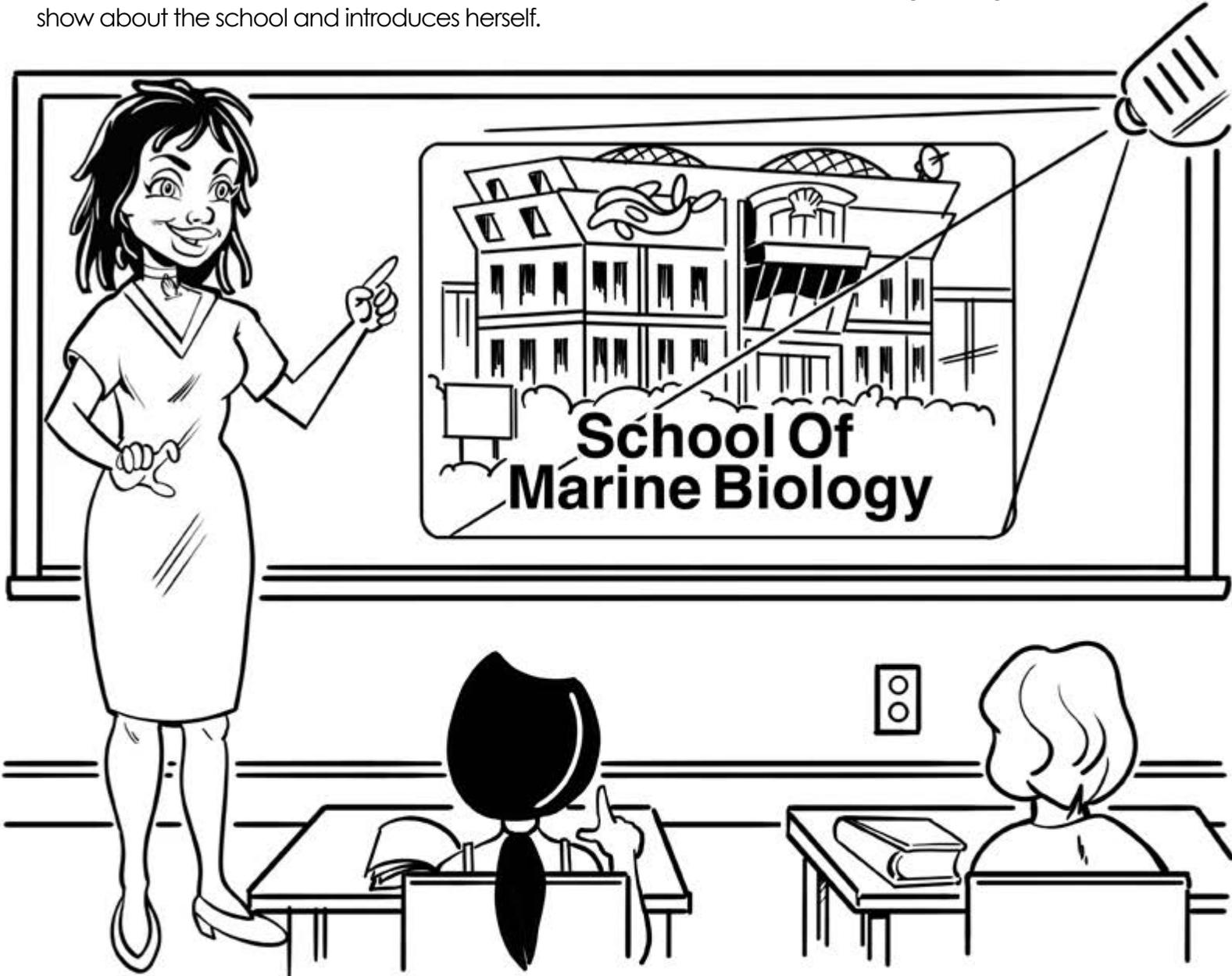


IT'S COOL  
TO BE SMART

Since you are super smart, let's learn some **anatomy**. **Anatomy is the study of the parts of animals and plants.** Your **core**, is all of the muscles that surround your belly. You had to use your core when doing the stretch with Izzy and the dolphin with Bodhi. Your **hamstrings** are the muscles in the back of your thighs. If you are hip you call them "**hammies.**" Your quadriceps are the muscles in the front of your thighs. If you are cool, you call them "**quads.**" Go home tonight and show off for your parents. Show them how you like to work your core and stretch your hammies and quads.

## Meet Professor Smile

Chris takes the Wellness Crew to meet his professor at the School of Marine Biology. She gives them a slide show about the school and introduces herself.



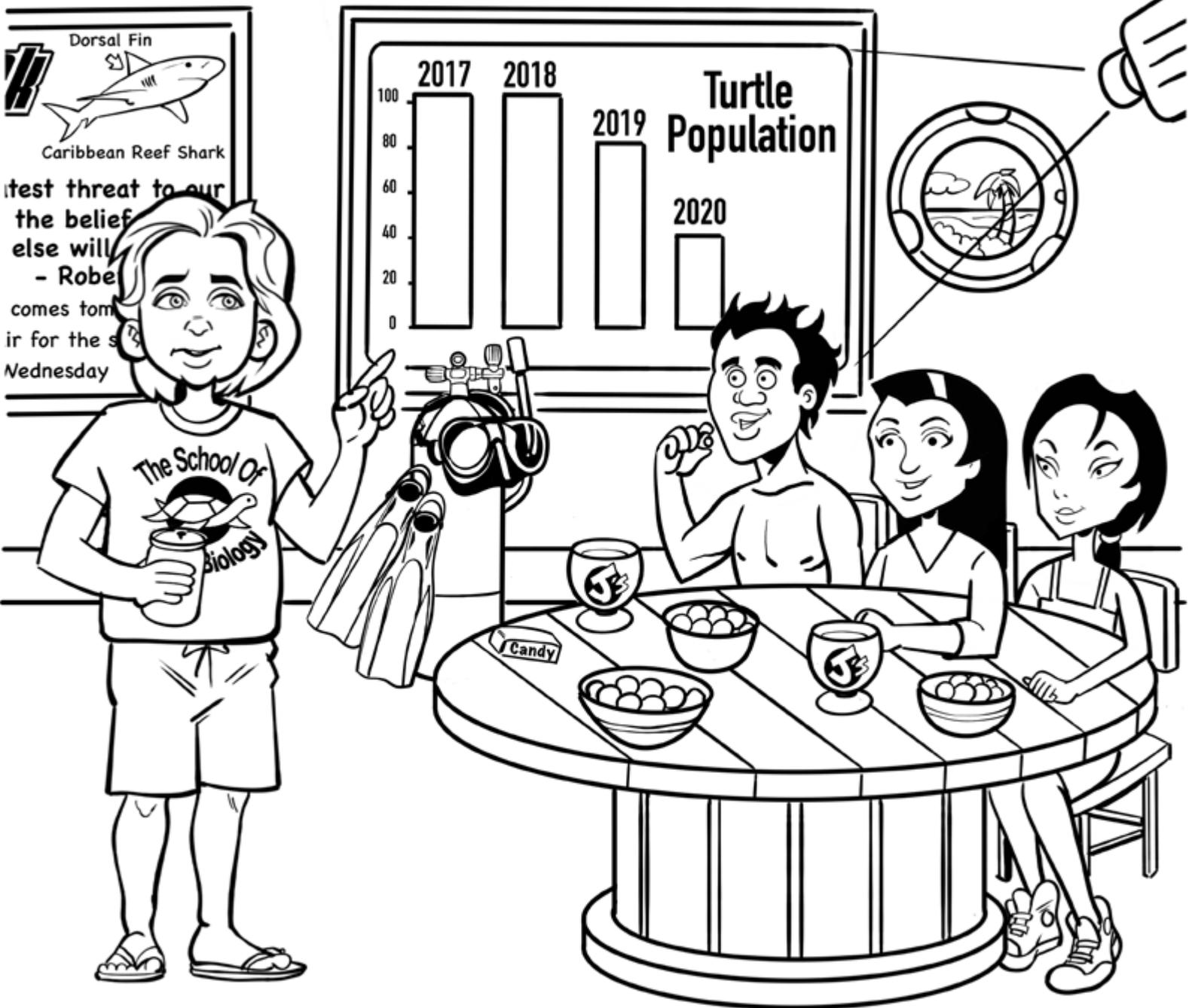
Hi, my name is Professor Gabrielle, but they call me Professor Smile . . . I'm not sure why? I would like to welcome the Wellness Crew to our beautiful School of Marine Biology. Chris and Naomi are 2 of the brightest students that we have ever had. That is why I have assigned them the most difficult projects. But they will need your help too. At times they get discouraged, but I always remind them that they cannot give up. This is too important. We need to save the ocean. It is up to us!



I will be popping up throughout the workbook to help motivate you. The first thing that I want all of you to remember is that I love you no matter how well you do in my class. At Turtle Cay we say, "It's Love that makes our island beautiful."

# First Things First

Back at the Study Shack, Chris shows the Wellness Crew a graph which shows the turtle population for the last 4 years. The turtle population has clearly gone down. Chris and Naomi need help figuring out why this has happened so that they can save the turtles. However, the Wellness Crew thinks that Chris needs to find his wellness groove so that he can think more clearly and help them solve the problem. In Chapter 2, Chris will do just that!



Use the graph above to answer the following questions:

In what year did the turtle population first start to decrease? \_\_\_\_\_

In what year was the largest decrease in the turtle population noted? \_\_\_\_\_

In 2020, there are  $\frac{1}{2}$ ,  $\frac{1}{3}$ ,  $\frac{1}{4}$ , as many turtles as in 2019. (Circle the correct answer)

## Chapter 2

# Helping Chris Find His Wellness Groove

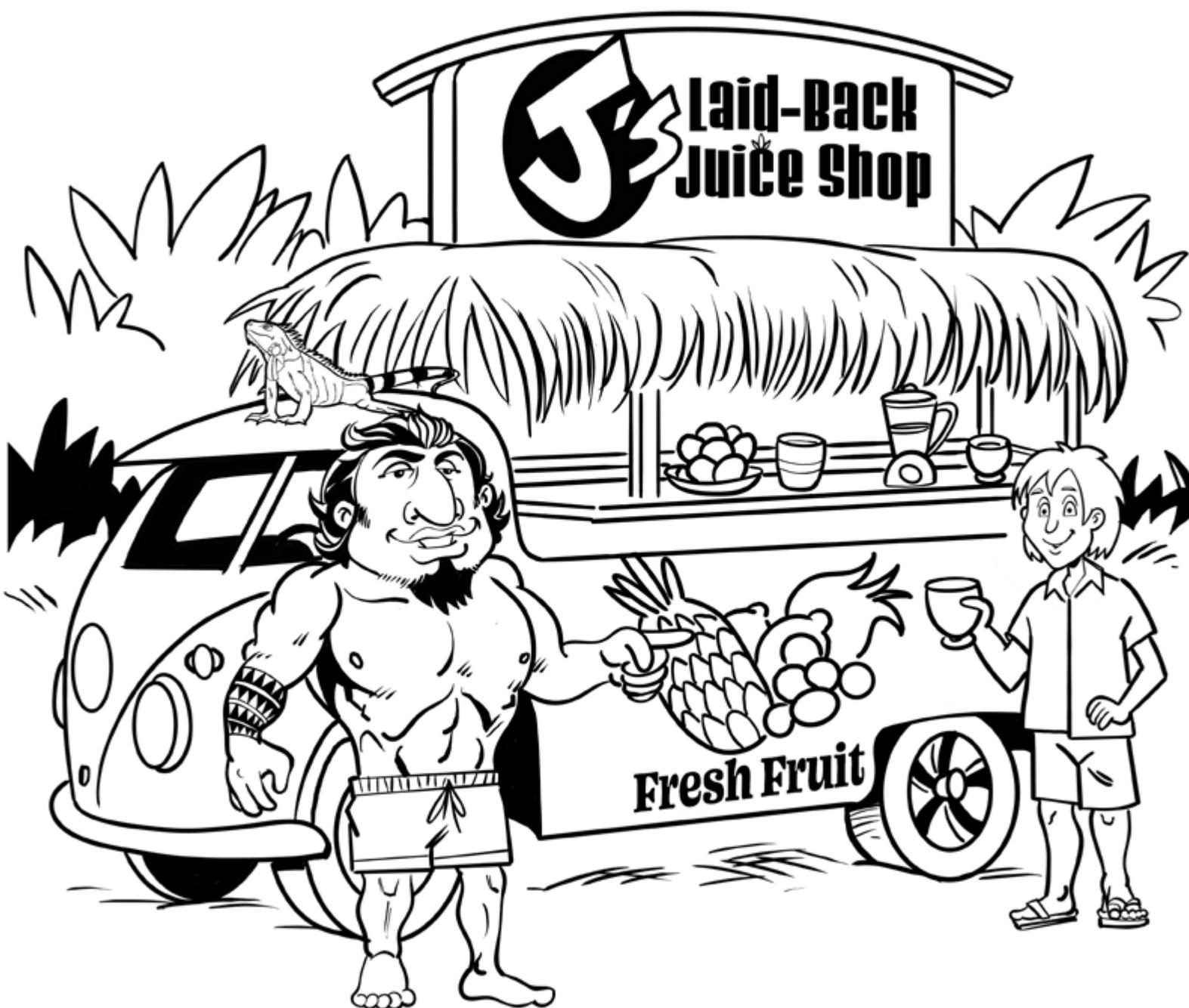
The Wellness Crew explains to Chris that he will be able to think more clearly if he takes better care of himself. **Wellness means having a healthy mind and body**, and achieving this takes some effort. First, the Wellness Crew tells Chris that he needs to get more exercise. Rosie discovers a path which passes through an amazing tropical garden and leads to the school. Bodhi suggests that rather than take the bus to school he should skateboard to class.



Sticker # 4 is a Naso Tang. These fish are very friendly and full of energy. They love to swim around all day and enjoy the coral reef. To earn this sticker, at recess, or when you go home today, try to stay active for 30 minutes. You can walk and enjoy your neighborhood, play basketball or soccer with your friends, skateboard, swim, or whatever activity you enjoy.

## J's Laid-Back Juice Shop

Next, the Wellness Crew teaches Chris the importance of eating foods that make you feel better and think more clearly. They explain that all of the junk food that he has been eating can make him tired. Alex found a cool Juice Shop on the tropical path that leads to the school. It is run by Jay who gathers interesting fruits from all over the island and blends them into delicious, healthy smoothies. Fruits and vegetables are loaded with nutrients that your body and brain need to work at their best.



- Sticker # 5 is seaweed. Many animals in the sea, such as sea turtles, eat seaweed because it is loaded with all of the vitamins and minerals that their bodies need. In order to earn this sticker, choose one of the healthy food options below and give it a try:
1. If you are really brave, try one of the snacks made with seaweed, such as "SeaSnax."
  2. Try a pitaya bowl (made with dragon fruit), or an acai bowl (made with acai berries) at the local juice shop.
  3. Make a healthy smoothie at home and use a fruit that you have never tried before.

# Eating Mindfully

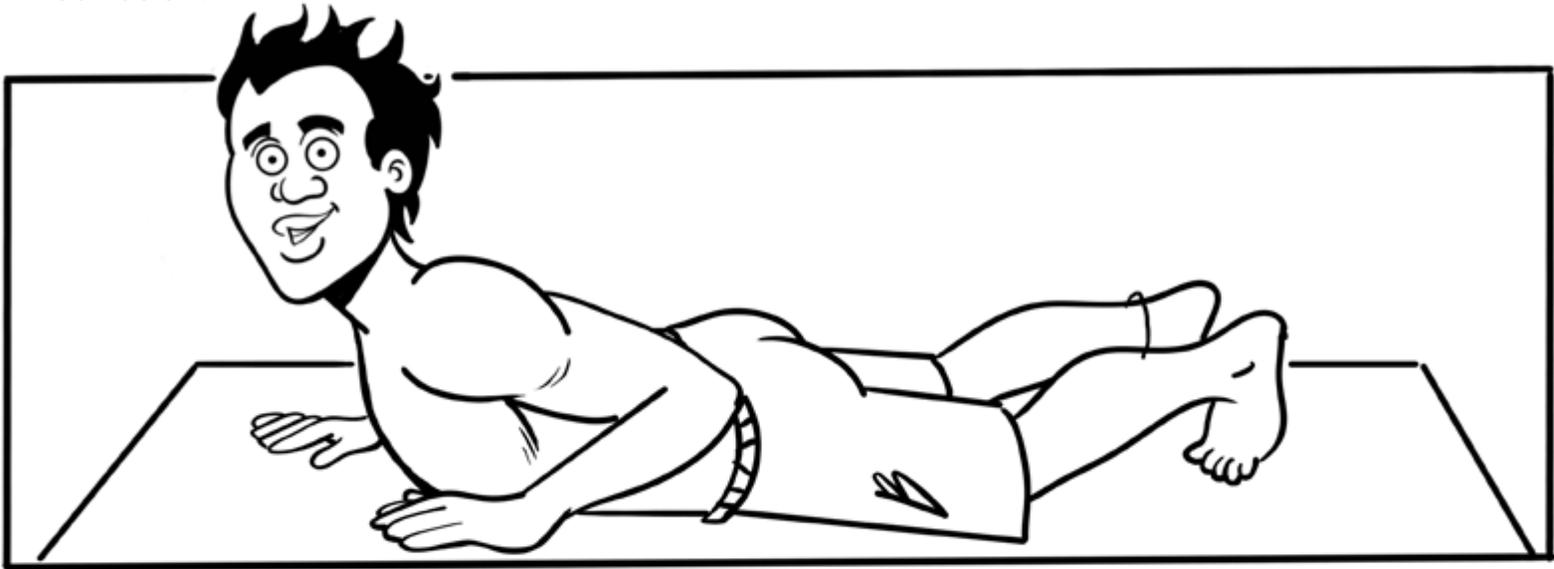
Not only is it healthy to eat the right foods, but it is also healthy to not eat too much. One way to do this is to eat **mindfully**. **Mindful means to pay attention and be aware of the present moment.** When you eat mindfully, you eat slowly and enjoy every bite. Enjoy the taste of the food, the people you are with, and your surroundings.



Sticker # 6 is 2 seahorses. Seahorses like to swim together in pairs with their tails hooked together. Having friends is important and makes you happy. To earn this sticker, invite someone to your lunch table that you may not know so well. Always try to include other students when you eat so that they don't feel left out. Then enjoy their company. Together with your new friend, eat mindfully!

## Bodhi Gives Surfing Lessons

Later that day, Bodhi takes Chris and Naomi to Muscle Beach and teaches them how to surf. In order to surf, once the wave starts to push the surfboard, you need to learn how to do a “pop up.” This is when you quickly stand up on the board. To learn how to do a “pop up,” follow the instructions for the Exercise Break below.



Step 1: Lay on your exercise mat with your back arched like you have a ball under your chin. Place your hands on the mat under your chest.



Step 2: Now pop up by pushing off with your arms and legs bringing your left foot forward, under your chin, and your right foot back.



Step 3: Now just stand up with your feet spread apart on your mat and your knees bent. Now You are ready to surf!



**EXERCISE  
BREAK**

Practice the 3 steps to the pop up on your exercise mat. This will require flexibility, strength, and balance. Once you have mastered that, have fun surfing. Put on some surfing music and pretend that you are surfing with Bodhi, Chris, and Naomi. If you have a Simply Fit Board, that is the perfect way to surf.

# Your Amazing Brain

The Wellness Crew all admire Rosie because she is super smart. Back in the Study Shack, Rosie teaches Chris how to get the most out of his amazing brain. One of the best ways to help your brain is to meditate every day for 5-10 minutes.



IT'S COOL  
TO BE SMART

Sleep has a lot of the same benefits as meditation. In this exercise, have your teacher or parents help you look up the benefits of sleep on their computer. What do you think are the 3 greatest benefits of a good nights sleep?

---

---

---

# Heading Home

Naomi convinces Chris that he is working too hard and that he needs to go home at night, spend time with his family, and get a good night's rest. Chris decides to take her advice and heads home for the evening.

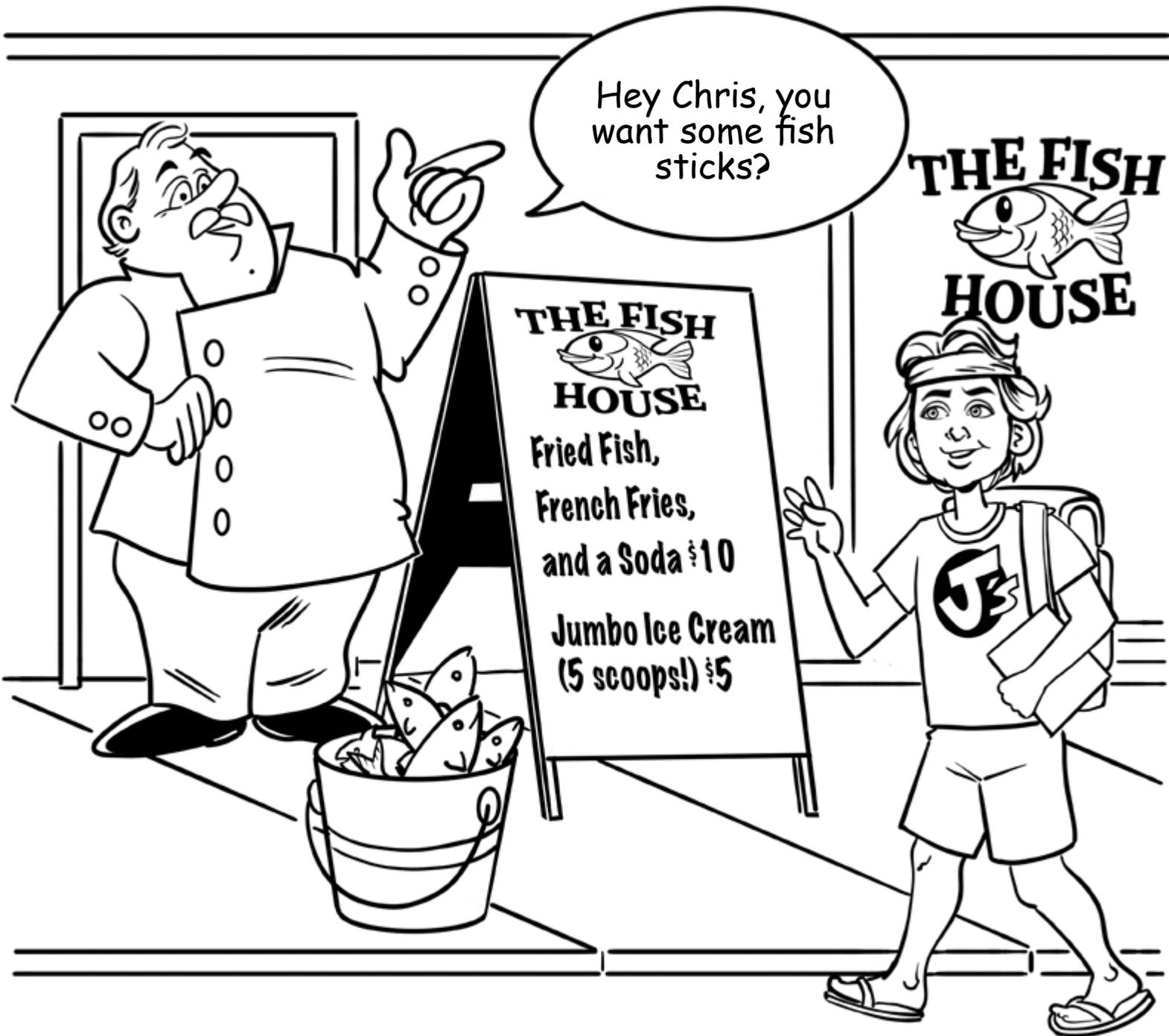


Chris's boat can go 20 miles per hour. A sailboat can go 5 miles per hour. A seaplane can go 100 miles per hour. On the inside of the back cover is a map of the Tradewind Keys. Use the map to answer the following questions.

1. How many minutes will it take Chris to go from Turtle Cay to Plantain Key in his boat? \_\_\_\_\_
2. How long would it take to sail to Paradise Key from Turtle Cay? \_\_\_\_\_
3. How long would it take to go by seaplane from Turtle Cay to Lemon Key.  
\_\_\_\_\_

# The Fish House

Once Chris gets back to his home island of Plantain Key he walks home past the shops and restaurants along the waterside. One of his favorite restaurants is The Fish House because the owner, Chef Jack, is always nice to him and knows his name.



Sticker # 7 is a Regal Tang. Dorie in the movie "Finding Nemo" is a Regal Tang. **Regal means something that is fit for a King or a Queen!** Something that is regal is magnificent. If you want to make someone feel magnificent then learn their name. You too are magnificent! There is nobody else quite like you and that makes life interesting and fun. To earn this sticker, write down all of the things that make you different in your journal.

## Dinner With The Family

Chris enjoys a nice dinner with his family. He realizes how much he misses eating dinner with his family. Dinner time is a great time to catch up on the day, and spend some time together. Chris's mom wants to hear about his classes, and his father wants to hear about his scuba diving adventures.



Sticker # 8 is a family of bottlenose dolphin. Dolphins look out for each other, just like your family will always look out for you. To earn this sticker, spend some time with your family tonight. Don't rush through dinner. Eat slowly and enjoy this family time. Friends sometimes come and go, but your family will always be there for you. Your family loves you no matter what.

## Nothing Like A Good Night's Sleep

After a delicious dinner with his family, Chris does a little more homework before going to bed early. He has been working too hard, and he definitely needs some rest. Rosie gave Chris some good advice on how to get a good night's sleep. Develop a routine before you go to bed at night. Brush your teeth, say goodnight to everyone, read about something that you enjoy and will help you relax, say your prayers, and then off to sleep.



Sticker # 9 is a barrel coral. This is the coral that you see on the Save the Reef Symbol. To earn this sticker try to go to bed a little early tonight and get a good night's sleep. Try to establish your routine that you will do every night before you go to bed. Congratulations, you have already rebuild over 25% of the coral reef on pages 61 and 62! You are doing a great job. But, there is more work to do.