



Reading Is  
Fundamental

## PETER RABBIT TOOLKIT

We all adore Peter Rabbit, the mischievous and adventurous hero in the blue jacket who has an insatiable appetite for carrots and all things grown from Mr. McGregor's garden!

The classic book along with the new movie PETER RABBIT, opening on February 9, 2018, presents the perfect opportunity to host a Peter Rabbit Event.

To help you plan your event, this Peter Rabbit Toolkit provides:

- Easy and inexpensive program ideas
- Downloadable materials including images and coloring sheets that you can use to promote the event and for the event activities.

To start your event, you could:

- Read a selection from *The Tale of Peter Rabbit* by Beatrix Potter
- Play the trailer for the movie – <https://www.youtube.com/watch?v=3ittn4f0Em4>

Children can participate in a variety of Peter Rabbit-based activities:

### GROWING VEGETABLES

Help foster a love of gardening and eating healthily with this fun activity! Please note that lettuce grows faster than carrots, so it will take time for children to see the results of growing carrots.

Supplies needed:

- A plastic container (inexpensive plastic pots, recycled large yogurt containers or 2 liter bottles). You'll need a container that is deep enough for 8" of soil.
- Soilless potting mix (this is the best soil to use),
- Water
- A plastic dish for below the container to catch the water.

If using a recycled 2 liter container, please watch this helpful video --

<https://www.youtube.com/watch?v=Ms87Eo521vY>.

**IMPORTANT: As this involves using an X-Acto knife and sharp scissors, this step should be done by adults prior to the beginning of the program.**

Directions:

- Prepare the plastic container by washing it out and then cutting holes in the bottom for drainage.
- Fill the container up to 1" below the top with soil.
- Add carrot or lettuce seeds making sure they are buried ¼" below the top of the soil.

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- Water the soil enough that the soil is wet (not drenched) and that the water will drip through the holes in the bottom of the container. (You might want to do this part at a sink.)
- Once the water has drained, place the container on top of a plastic dish.
- Keep the container in a sunny place as it must get sun at least 6 hours a day.
- Water when the soil gets dry, but make sure there is not any water sitting in the bottom of the dish. Soil should be moist, not wet.

After the Activity: Serve cut up carrots and other vegetables with or without a healthy dip.

### RABBIT EARS

Whether you want to be Peter, Flopsy, Mopsy or Cottontail, everyone will have fun making these easy and inexpensive rabbit ears.

Supplies needed:

- Oak tag paper (preferably a shade of brown)
- Scissors
- Glue (clear is best, but not necessary)
- A stapler
- Fun items to decorate the ears (fabric fur or pom-poms are cute!)

Directions:

- Cut out a 1 ½" wide by 28" long strip of oak tag that will serve as the headband.
- Print out the template for the rabbit ears.
- Trace and cut out two rabbit ears.
- Decorate the rabbit ears.
- Glue the bottom 1" square part of the rabbit ears to the headband. Make sure the decoration will be facing forward.
- Try the headband on the child's head marking the place where it should be stapled and then put two staples in it to secure it.

Face Paint Addition: Paint a pink nose and whiskers on each child/rabbit!

### HEALTHY EATING

Peter Rabbit loved to eat vegetables and fruit and we want to share his passion for carrots and lettuce with children in a creative way. Developed by a registered dietician (RD/RDN), these engaging and educational lesson plans will empower children to eat more vegetables.

Per the [CDC](#), approximately 93% of children do not eat the recommended amount of vegetables. By presenting the nutrition information in a lively way that is relevant to them, children will be more likely to try vegetables on their own and to ask their parent or caregiver for vegetables in the home.

- Each plan/activity must be modifiable to account for age appropriateness and to maximize benefit of the lesson and information.
- Most of these lesson plans are interactive and some involve children moving around.

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**The goal: Let's have fun while learning!**

Healthy Eating materials:

- **How to Talk to Children About Nutrition:**  
For instructors only, this offers a few simple tips about how to communicate the nutrition messaging in a positive way.
- **Don't Peek Peter! Blindfold Game:** This interactive game provides exposure to vegetables in a fun way while increasing nutrition knowledge.
- **Nutrition Talking Points for *The Tale of Peter Rabbit*:** The instructor will read *The Tale of Peter Rabbit* and stop at various points to provide Talking Points. This step-by-step lesson plan is created to easily guide the instructor through the text and educational material.
- **Spin the Carrot with Peter Rabbit Game:** Play this fun-filled game after doing the "Nutrition Talking Points for *The Tale of Peter Rabbit*".
  - **Carrot Wheel:** Use a real carrot as the spinner for the Carrot Wheel! Each person will land on a Nutrition Trivia Question, a Physical Activity Break Idea or the dreaded Lose Your Turn space.
  - **Nutrition Trivia Questions:** Questions and answers for the trivia questions.
  - **Physical Activity Break Ideas:** Designed to get kids up and moving, you can play either "Peter Rabbit Says" or "The Frozen Vegetables Game."
  - **Peter Rabbit Image:** Print out this image and glue to oak tag paper or cardboard, so it is sturdy. This is to be passed around the circle.

**PETER RABBIT SAYS...**

This game is a healthy twist on "Simon Says" in which participants are asked to act out various activities that Peter Rabbit would do based on the book *The Tale of Peter Rabbit*.

Directions:

- If the children are not familiar with the book, you might want to read excerpts from it.
- Like the traditional game, one person is designated as "Peter Rabbit" and the rest are the players.
- Standing in front of the group, Peter Rabbit tells players what they must do.
- The key is that players should only obey commands that start with "Peter Rabbit says."

Below are some suggested gestures, but feel free to make up your own.

- Hop like a rabbit: hop up and down in place
- Dig up the vegetables: mimic a digging motion with a shovel and throwing dirt over your shoulder
- Run from Mr. McGregor: run quickly in place
- Pretend you are gobbling up carrots, lettuces, beans and radishes
- Rub your tummy like you have a stomachache (Peter ate too much)
- Tiptoe through the bushes: tiptoe in place
- Wriggle like you have to escape (Peter almost gets caught by Mr. McGregor but escapes without his blue jacket.)

### PETER RABBIT SCAVENGER HUNT

Where are Peter Rabbit and his siblings, Flopsy, Mopsy and Cottontail? And where are the yummy carrots, radishes, lettuce, blackberries and parsley that Peter loves to eat? (Thank you to Cecily Saldana of the Dallas Public Library for this great idea!)

Directions:

- Print out the images of the rabbits – <https://spaces.hightail.com/space/gunBLutFQY>
- – and download various food pictures from the Internet.
- Hide the images throughout the library.
- Provide fun-filled clues to help the children find the images throughout the library.

### “FROZEN” VEGGIE GAME

This game will get kids moving and learning about vegetables and fruit!

Directions:

- Prior to beginning, explain to the children that this game involves knowing the colors of different vegetables and fruits.
- Place red, orange, green and yellow colored oak tag paper on the floor across a room or activity area (e.g., gym). You can have more than one piece for each color.
- Tell the children that they should move around the room while music is playing. Once the music stops and you yell out “FROZEN VEGGIES!” each child must gather around one of the colored pieces of paper.
- Once everyone has stopped moving, the instructor will randomly pick out a color (e.g. “RED!”).
- The students standing by that color will then have to name two to three different vegetables with that color before the game can begin again. If using with a lower grade level, you can use fruits and vegetables, or you can modify the number of fruits/veggies needed to answer.

RED VEGETABLES: tomato, bell or chili pepper, beets, radishes, red potato. If using fruits also: strawberries, cherries, cranberries, apples, raspberries, watermelon.

ORANGE VEGETABLES: carrots, bell pepper, sweet potatoes, squash. If using fruits also: cantaloupe, oranges, mangoes, nectarines, peaches, pumpkin.

YELLOW VEGETABLES: bell pepper, corn, yellow potatoes, squash. If using fruits also: pineapple, lemon, apples, pears.

GREEN VEGETABLES: artichokes, arugula, asparagus, broccoli, Brussel sprouts, celery, cabbage, cucumbers, lettuce, bell or chili peppers, peas, spinach, zucchini, green beans. If using fruits also: apples, grapes, pears, kiwi, limes.

PURPLE VEGETABLES: eggplant, cabbage, purple carrots, purple potatoes. If using fruits also: blackberries, grapes, plums, raisins.

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**DOWNLOADABLE COLORING PAGES AND ACTIVITY SHEETS**

Coloring sheets and activity pages are available for download on [RIF.org/Literacy-Central](http://RIF.org/Literacy-Central).