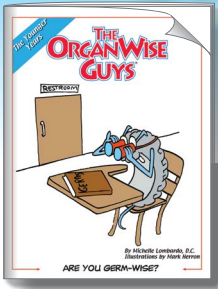




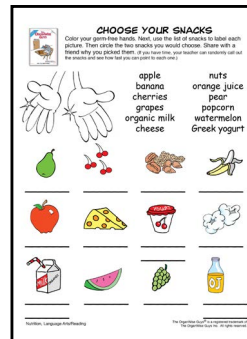
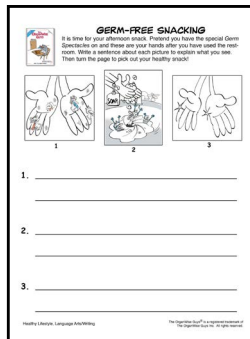
Sir Rebrum®



Read **Are You Germ Wise?**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:



Watch the 3 short companion videos:



WASH YOUR HANDS.MP4



WASH YOUR HANDS AFTER BATHROOM-.MP4



DRINK YOUR WATER.MP4

SHORTS! BY TOPIC
80 1-minute videos - great for transition time

Note: To add **Bone Health/Dairy** into this lesson, you can add/replace one of the above videos with this **Health Trek Calcium Short**. Calcium rich foods are a great snack choice throughout your day!



HEALTH TREK CALCIUM.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

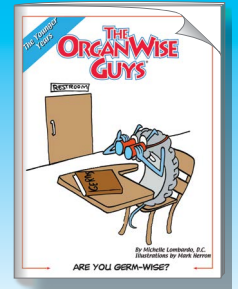
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos



Are You Germ Wise? Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Germs, fruits, vegetables, exercise, fresh air, handwashing, water/hydration, try new healthy foods, calcium-rich foods

Storybook - Lesson Objectives/Key Concepts:

- To teach a lesson about germs
- To convey the role of healthy eating in fighting germs
- To convey the role of exercise in fighting germs
- To stress the importance of handwashing/soap in fighting germs
- To share a 'secret' handwashing routine for clean hands

Activity Sheets - Lesson Objectives/Key Concepts:

- To remind children of the handwashing routine they learned in the story
- To highlight healthy fruits and vegetables that help to fight germs

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To remind children to wash their hands before they eat
- To remind children to wash their hands after they use the restroom
- To encourage children to drink plenty of water each day
- To help children choose calcium-rich foods when making food choices

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

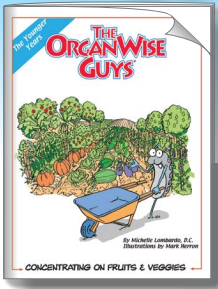
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd Grade student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



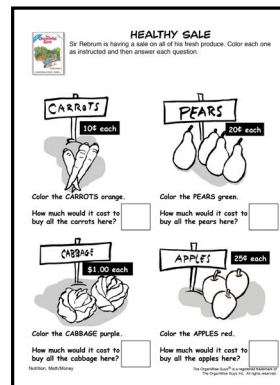
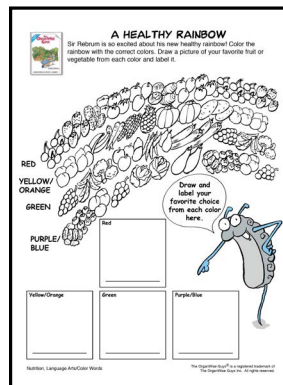
Sir Rebrum®



Read **Concentrating on Fruits and Veggies**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:



Watch the 3 short companion videos:



PLANT A GARDEN.MP4



I LOVE MY GARDEN.MP4



FRESH FOOD.MP4

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

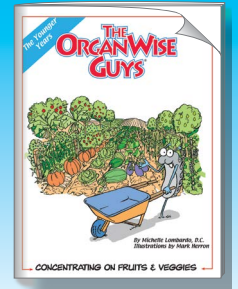
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos



Concentrating on Fruits and Veggies Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Fruits, vegetables, exercise, vitamins, fresh air, high-fiber foods/elimination, water/hydration, gardening, physical activity, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To highlight the wide array of colorful fruits
- To highlight the wide array of colorful vegetables
- To remind children that fruits and vegetables contain vitamins their bodies need
- To group fruits and vegetables into colors and test recall of their names

Activity Sheets - Lesson Objectives/Key Concepts:

- To emphasize the various fruits and vegetables in each color group
- To color items from each color group while doing a math problem

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To encourage children to plant a garden
- To share a poem about the love/benefits of gardening
- To demonstrate the process and results of growing your own food

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

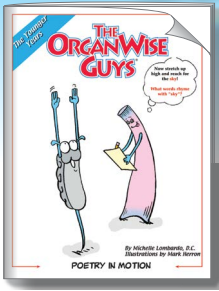
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd Grade student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



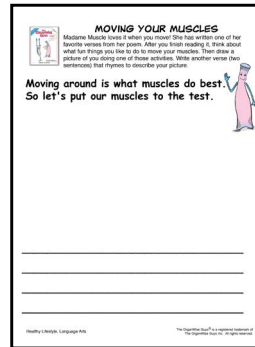
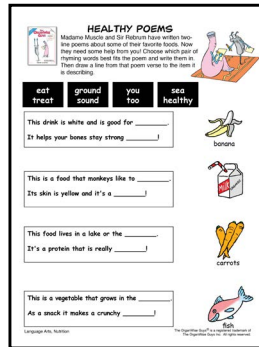
Madame Muscle®



Read **Poetry in Motion**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:



Watch the 3 short companion videos:



MUSCLE.MP4



KEEP YOUR MUSCLES MOVING.MP4



EXERCISE INSIDE CALCI SIR REBRUM.MP4

SHORTS! BY TOPIC
80 1-minute videos - great for transition time

Note: Always be sure to wash your hands before you eat! To include handwashing information into this lesson, you can add/replace one of the above videos with this **Wash Your Hands Before You Eat Short**.



WASH YOUR HANDS BEFORE YOU EAT.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

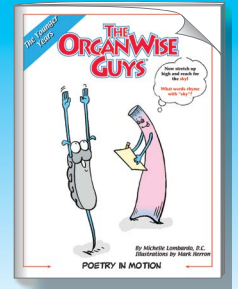
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos



Poetry in Motion Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Fruit/healthy snacking, physical activity, fresh air, breakfast, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To explain the concept of writer's block
- To demonstrate the need to keep the brain fueled up with healthy food so it can think
- To demonstrate the benefit of exercising to energize the brain and body
- To encourage children to come up with rhyming words

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce the message of choosing healthy foods
- To encourage children to draw their favorite physical activity while practicing their rhyming skills

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To demonstrate the amazing functions of muscles
- To encourage children to keep their muscles moving in a variety of fun ways
- To demonstrate all the fun ways to exercise indoors when the weather is bad
- To teach the importance of washing your hands before you eat

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

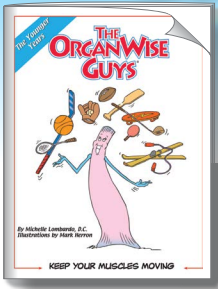
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd Grade student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



Madame Muscle®



Read **Keep Your Muscles Moving**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:

FAMILIES ON THE MOVE
Madame Muscle is all about keeping muscles moving! Draw a picture of yourself, your family and Madame Muscle doing one of your favorite physical activities. Then write a short note to your family about why it is important that you all stay active!

Language Arts, Healthy Lifestyle

COUNT ON ACTIVITY
The OrganWise Guys are adding up their physical activity - 10 minutes at a time. Fill in the missing numbers below as you practice counting by 10. Add up the total minutes of exercise Hardy, Madame Muscle and Calcie are doing below. Then draw yourself being active in the last problem.

20 50 100

10 Minutes + 10 Minutes + 10 Minutes + 10 Minutes =

10 Minutes + 10 Minutes + 10 Minutes =

10 Minutes + 10 Minutes + 10 Minutes + 10 Minutes + 10 Minutes =

+ + =

Math/Spelling, Healthy Lifestyle

Watch the 3 short companion videos:



HARDYS MARCHING BAND.MP4



EXERCISE INSIDE-SUPERHEROS.MP4



THAT'S HOW YOU EXERCISE.MP4

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

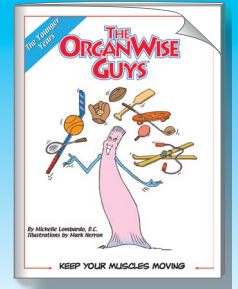
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos



Keep Your Muscles Moving Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Physical activity, MyPlate, healthy foods, bone health, water/hydration, high-fiber fruits and vegetables, elimination process, fresh air, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To convey the importance of moving your muscles every day
- To explain the need for healthy food choices to give the muscles energy
- To demonstrate all the fun ways to get physical
- To challenge children with clues to guess each physical activity
- To encourage children to find physical activities they enjoy and do them

Activity Sheets - Lesson Objectives/Key Concepts:

- To emphasize the importance of keeping your muscles moving with fun activities
- To demonstrate how 10-minute bouts of physical activity add up ... with a math problem

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To show that fun and physical activity go together
- To demonstrate that there are fun activities to do indoors when it's too dark outside
- To convey the joy and benefits of exercise

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

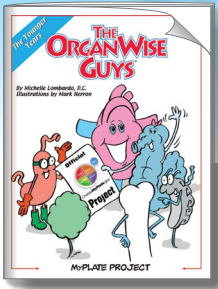
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd Grade student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



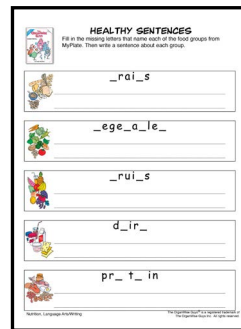
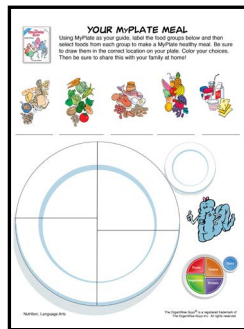
Peter Pancreas®



Read **MyPlate Project**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:



Watch the 3 short companion videos:



HEALTH TREK-HEALTHY FOODS.MP4



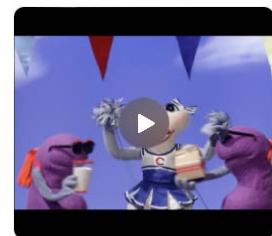
REPEAT AFTER ME.MP4



PIRATES OF THE CARROT AND BEAN HEALTHY SNACKS.MP4

SHORTS! BY TOPIC
80 1-minute videos - great for transition time

Note: To add **Bone Health/Dairy** into this lesson, you can add/replace one of the above videos with this **Calcium Cheer Short**. Calcium rich foods are a great snack choice throughout your day!



CALCIUM CHEER.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

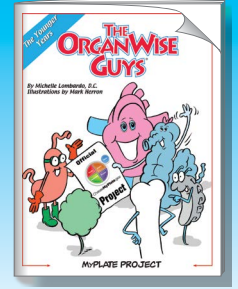
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos



MyPlate Project Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

MyPlate, water/hydration, fruits, vegetables, grains, proteins, dairy, good fats, healthy snacking, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To explain the concept of entrepreneurship
- To demonstrate the synergy that can happen in a group project
- To highlight a variety of fruits and vegetables
- To point out that fruits and vegetables contain vitamins, minerals, fiber, and water
- To show examples of high-fiber, whole-grain foods
- To show examples of lean proteins
- To show examples of dairy items
- To emphasize the importance of good fats

Activity Sheets - Lesson Objectives/Key Concepts:

- To demonstrate knowledge of the MyPlate categories by building a healthy meal
- To reinforce the names of the MyPlate food groups

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To encourage children to make healthy fast-food choices
- To reiterate the four OrganWise rules
- To guide children to make healthy snacking choices
- To identify and promote foods that are rich in calcium

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

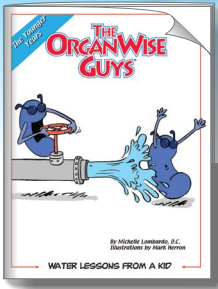
- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd Grade student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)



The Kidney Brothers®

digital.organwiseguys.com/book/water-lessons-from-a-kid

(Use this link to access all content.)



Read **Water Lessons From a Kid**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:

UNDERSTANDING WATER LESSONS

Read each sentence and draw a line from the sentence to the picture that best describes that part of the "Water Lessons from a Kid" story.

Papa Kidney is surprised when he has twins!

Sid and Kid are having WATER fun in the rain.

Healthy fruits and veggies are loaded with water!

Sid and Kid are hydrating with a healthy glass of water.

WATER PLANT DESIGNER

The Kidney Brothers want your help in making their family's new water treatment plant a fun, colorful place to work. Color the picture below with your suggestion of how they should paint it. Write about your favorite part of the story.

Watch the 3 short companion videos:



WHAT DO KIDNEYS DO.MP4



GRAPES NEED WATER TOO.MP4



WATER SAFETY.MP4

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

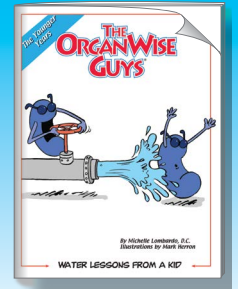
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos



Water Lessons From a Kid Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

Nutrition/Health Topics Covered:

The function of the kidneys, water/hydration, fruits, vegetables, healthy snacking, physical activity, dehydration, water safety, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To explain the function of the kidneys
- To discuss water-rich foods – fruits and vegetables
- To highlight that fruits and vegetables also contain vitamins, minerals, and fiber AND water
- To discuss the concept of dehydration
- To use crayon colors to depict dehydration levels

Activity Sheets - Lesson Objectives/Key Concepts:

- To recount the order of events from the story
- To encourage children to write about their favorite part of the story/do a coloring sheet

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To review the function of the kidneys
- To describe the concept of dehydration using a 'grapes versus raisins' example
- To remind children of the importance of being safe in the water

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd Grade student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)