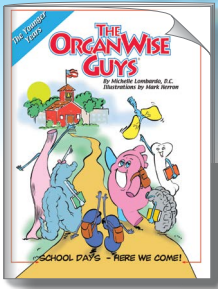




Hardy Heart®

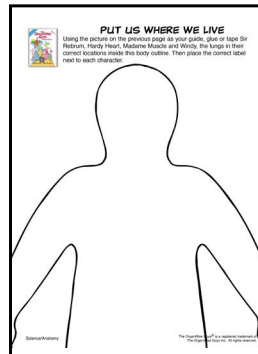
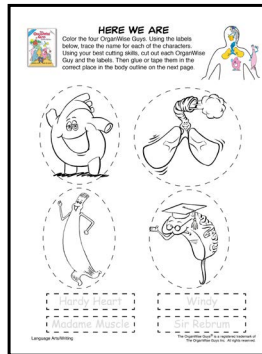


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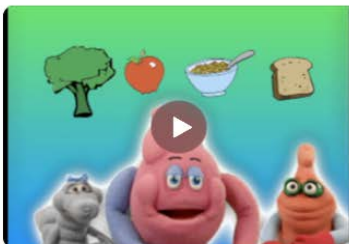
Read **School Days Here We Come**

(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:



ORGANWISE CADENCE.MP4



HOME WORK HOME PLAY.MP4



TEST TAKING IS LIKE BASEBALL.MP4

MUSIC/ARTS
16 songs with lyrics/12 drawing videos

Note: To include physical activity and fun, dance along to the **Silly Song**.



SILLY SONG.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

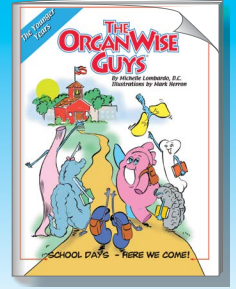
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



School Days Here We Come 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:

Location/function of some of the major organs, physical activity, water/hydration, healthy/high-fiber foods, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To address the nervousness of the first day of school/unknown
- To illustrate where the heart, a muscle, a bone, the brain, the kidneys, the lungs, and the intestines are located in the body
- To describe the basic function of each of these organs

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce some of the organs introduced in the story
- To have children correctly label each one

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To reinforce the four healthy OrganWise rules with a fun cadence
- To reframe homework as playtime for your brain and heart
- To encourage children to think of test-taking like training for a sport
- To emphasize the importance of movement and fun for health and wellbeing

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:

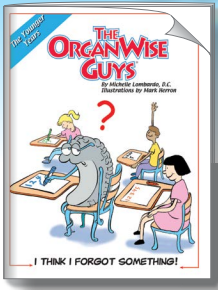
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 1st 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 ***I Think I Forgot Something***

(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:

BREAKFAST SENTENCES

Sir Rebrum sure hopes you ate breakfast today. Now it's time for you to use your brain. Read together as a class or have students read each sentence.

Write a ? at the end if it is a funny sentence.

- Milk is healthy for your bones.
- Did you have milk with your breakfast?
- Have you ever had chocolate milk?
- Eggs come from chickens.
- Have you ever seen a real chicken?
- What color is the yolk of an egg?
- What is your favorite fruit?
- Monkeys like bananas.
- Orange juice is a healthy drink.
- Sir Rebrum will never skip breakfast again.
- Did you ever miss breakfast?
- Breakfast is the most important meal of the day.
- What is your favorite cereal?

Write an eating sentence about breakfast. Give it to a friend to answer.

HEALTHY MATH

After Sir Rebrum eats a good breakfast, he never brings math. Read the story problem. Use the pictures to help you get the correct answer. Sir Rebrum has helped you on the first one.

Sir Rebrum had 7 eggs. He made a good breakfast and ate 2 of the eggs. How many eggs were left?

Sir Rebrum had 6 bananas. He gave 4 of them away to his friends for part of their breakfast. How many did he have left?

Sir Rebrum helped serve breakfast in the school cafeteria. He started out with 10 cartons of organic milk. He handed out 5 of them during breakfast. How many did he have left?

Watch the 3 short companion videos:



UPSIDE DOWN BREAKFAST.MP4



TEST TAKING POEM.MP4



PIRATES OF THE CARROT AND BEAN INVADE BREAKFAST.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 in 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

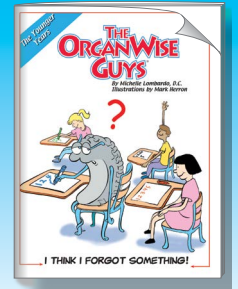
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



I Think I Forgot Something 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, breakfast, teeth brushing, fruit, whole grain foods, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To encourage the habit of starting each day with gratitude
- To encourage the habit of exercise each morning to get the body/brain going
- To remind children to brush their teeth every day
- To demonstrate the benefit of eating breakfast each day

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce the habit of a healthy breakfast while practicing punctuation
- To highlight healthy breakfast choices while solving story/math problems

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To remind children to start their day out right with breakfast
- To share a poem on tips for successful test-taking
- To share suggestions for making breakfast healthier
- To highlight the importance of handwashing before eating

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:

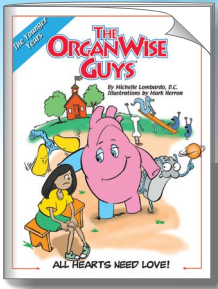
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 1st 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)



Hardy Heart®

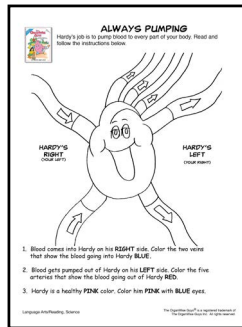


(Use this link to access all content.)

Read **All Hearts Need Love**

(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:



FRIENDSHIP.MP4



WHAT GETS YOU PUMPED.MP4



WISERCISE THE SMART WAY TO EXERCISE.MP4

MUSIC/ARTS
16 songs with lyrics/12 drawing videos

Note: To add a fun anatomy lesson, you can add/replace one of the above videos with this **MUSCLE** Song.



MUSCLE.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

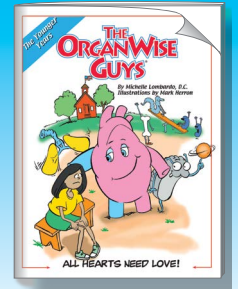
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



All Hearts Need Love 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:

Heart anatomy/health, arteries, veins, physical activity, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To illustrate the function of the heart
- To demonstrate how exercise is good for your heart 'muscle'
- To have children participate in simple exercises so they can 'feel' their heart pumping
- To demonstrate compassion for new students
- To illustrate how we are all the same on the inside
- To show the importance of being kind to others

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce the lesson from the story of how blood flows to/from the heart
- To remind children of the importance of being kind to others and how good that makes them feel

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To share a poem on the joy of friendship
- To remind children that physical activity is not only fun but is also great for your heart
- To encourage children to be physically active while learning/studying for added benefit
- To emphasize the importance 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:

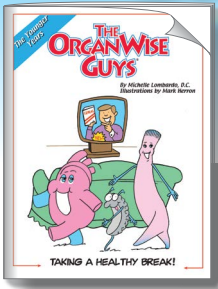
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 1st 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®



(Use this link to access all content.)

Read **Taking a Healthy Break**

(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:

A HEALTHY COMMERCIAL

You have been chosen to star in a new "Healthy Habits Commercial" about eating more fruit. Pick one of the fruits shown below. Finish the script below of your "healthy commercial." Use your imagination and make it fun! Share your commercial with the class.

bananas apples grapes

I love to eat _____

I like this fruit because _____

I remember eating this fruit at _____

I think you should try this fruit. When you put it in your mouth, it tastes like _____

Fruits taste great and are _____

Next time you want a snack, be sure to _____

TURN OFF THE TV

Hardly is anyone about this turning off the television. The words you to get up and move around. The first is a crossword puzzle of physical activity words. Using the words below, fill in the puzzle so that each word fits correctly. (Hardly has filled in the first letter to get you started.) Then follow the directions below to finish the sentence.

tennis walk

dance run

exercise football

Using the letters from the gray boxes, finish the sentence below.

An easy way to get exercise is simply to go outside and have some _____

Watch the 3 short companion videos:



TAME YOUR TV.MP4



TV COMMERCIAL FOR EXERCISES.MP4



LIMIT YOUR TV-GAMES.MP4

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

Note: To include more content on **healthy snacking** into this lesson, you can add/replace one of the above videos with this **Pirates of the Carrot and Bean Healthy Snacks Short**.



PIRATES OF THE CARROT AND BEAN HEALTHY SNACKS.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

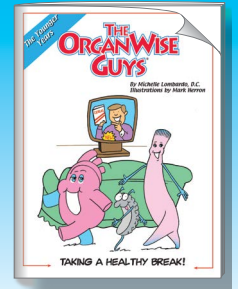
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



Taking a Healthy Break 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/fitness breaks, effects of sedentary behavior on the heart, muscles and brain, fruit, try new healthy foods, effects of too much screentime, healthy snacking, try new foods

Storybook - Lesson Objectives/Key Concepts:

- To teach children to be proactive about managing/turning off their devices
- To demonstrate how the heart and muscles need physical activity to stay strong
- To illustrate the importance of getting blood flow to the brain by moving
- To demonstrate how a few minutes of exercise 'wakes the body up'
- To encourage children to take regular fitness breaks when they are feeling sluggish

Activity Sheets - Lesson Objectives/Key Concepts:

- To motivate the children to write a commercial about their favorite fruit
- To encourage the children to go outside and enjoy physical activity instead of screen time

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To encourage children to manage/limit their screentime
- To promote the wide-ranging benefits of exercise
- To encourage children to track their screentime to find more time for healthy activities
- To highlight the importance of making healthy snack 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:

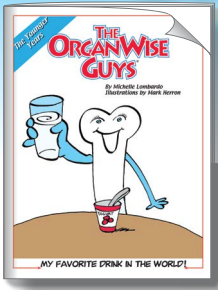
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 1st 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)



Calci M. Bone®

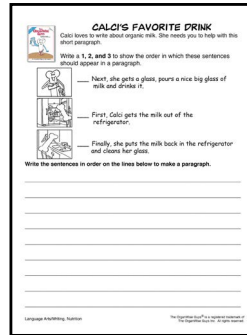


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Read **My Favorite Drink in the World**

(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:



PIRATES OF THE CARROT AND BEAN
INVADE LUNCH.MP4



GAME SHOW HEALTHY SNACKING.MP4



CALCI YUM YUM YUM.MP4

MUSIC/ARTS
16 songs with lyrics/12 drawing videos

Note: To include more handwashing content information into this lesson, you can add/replace one of the above videos with this **Wash Your Hands Song**.



WASH YOUR HANDS.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

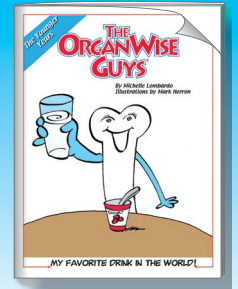
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



My Favorite Drink in the World 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:

Calcium, bone health, calcium-rich foods/milk, breakfast, healthy lunch, high-fiber foods, healthy snacking, physical activity, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To teach the importance of calcium/calcium-rich foods for bone health
- To emphasize choosing healthy, calcium-rich foods for meals and snacks
- To inform the children of the number of bones in their body
- To discuss how all forms of physical activity strengthen your bones

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce the habit of drinking milk while practicing sentence order
- To encourage creativity by designing an informative milk carton

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To share ideas on how to make a nutritious lunch
- To provide examples of bone-healthy snacks
- To share ideas and examples of how to incorporate calcium-rich foods into your day
- To emphasize the importance of handwashing

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:

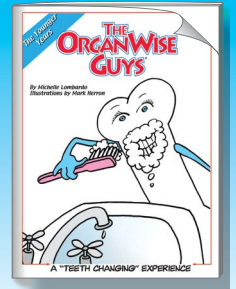
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 1st 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)



A Teeth Changing Experience 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:

Teeth brushing, calcium-rich foods, healthy snacking, dentures, physical activity, bone health, hand-washing, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To emphasize the importance of brushing your teeth at least twice a day
- To suggest calcium-rich snacks
- To demonstrate the importance of being respectful to others

Activity Sheets - Lesson Objectives/Key Concepts:

- To reiterate a lesson taught in this story
- To reinforce the importance of brushing teeth twice a day by pretending to be a dentist

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To demonstrate that exercise and calcium-rich foods can build healthy bones for a lifetime
- To present a poem on the importance of doing homework regularly
- To remind children to always wash their hands before eating

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:

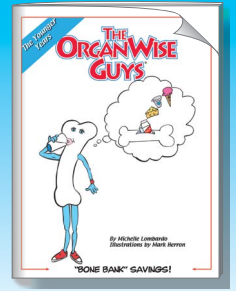
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 1st 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)



Bone Bank Savings 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:

Calcium-rich foods – dairy and leafy greens, milk, bone health, food safety, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To convey the importance of saving
- To present the concept of allowance/budgeting
- To describe how calcium-rich foods and beverages make bones strong
- To demonstrate that some vegetables also contain calcium

Activity Sheets - Lesson Objectives/Key Concepts:

- To graph bone-healthy foods
- To reinforce calcium-rich foods while doing a math problem

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To spell 'calcium' and show examples of calcium-rich items
- To show foods that are high in calcium and how they help your bones
- To demonstrate the importance of keeping cold foods cold so they don't spoil

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

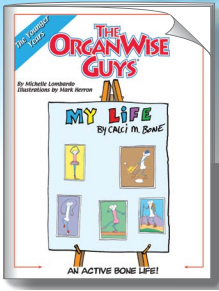
Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 1st 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)



Calci M. Bone®

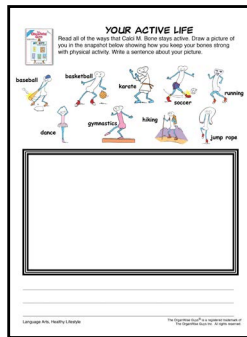
(Use this link to access all content.)



Read **An Active Bone Life**

(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 page:



Watch the 3 short companion videos:



KEEP YOUR BONES MOVING.MP4



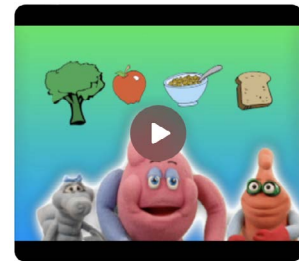
ATTITUDE-BASEBALL.MP4



STICKING TO EXERCISE.MP4

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

Note: To include actual **exercise** into the lesson, you can add/replace one of the above videos with this **OrganWise Cadence Short**.



ORGANWISE CADENCE.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

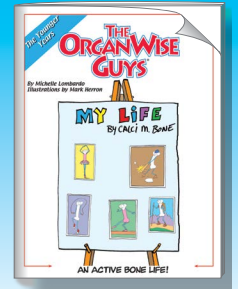
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



An Active Bone Life 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:

Breakfast, calcium-rich foods, teeth brushing, sunshine for bone health, physical activity, healthy snacking, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To emphasize the importance of eating a calcium-rich breakfast
- To remind children to brush their teeth after eating
- To remind children to breathe deeply to calm nervousness
- To highlight the variety of fun physical activities that promote bone health
- To explain the importance of sunshine for bone health

Activity Sheet - Lesson Objective/Key Concept:

- To recall the physical activities mentioned in the story and have children share their favorites

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To remind kids to keep their bones moving with physical activity
- To highlight that a good attitude is the most important thing you bring to everything you do
- To encourage children to stick to exercise by finding fun ways to keep track of it
- To emphasize the importance of The OrganWise Guys healthy rules through song and movement

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:

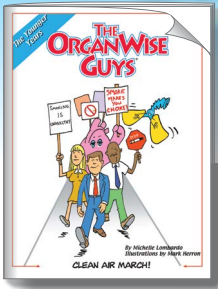
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 1st 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)



Windy® (the lungs)



(Use this link to access all content.)

Read **Clean Air March**

(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 page:



Watch the 3 short companion videos:



ODE TO FRESH AIR-SMOKE.MP4



PERSEVERANCE-BASKETBALL.MP4



I LOVE FRESH AIR.MP4

MUSIC/ARTS
16 songs with lyrics/12 drawing videos

Note: One of Windy's favorite ways to get fresh air is tending to her garden as she grows fresh food. You can add/replace one of the above videos with this **Fresh Food** song.



FRESH FOOD.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

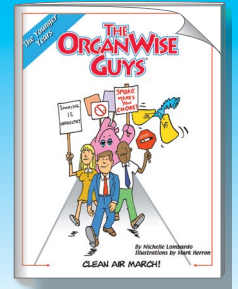
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



Clean Air March 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:

Lung function/health, fresh air, exercising outdoors, try new healthy foods, gardening, fruits and vegetables

Storybook - Lesson Objectives/Key Concepts:

- To explain how the lungs function
- To illustrate fresh v. smoke-filled air entering the lungs
- To participate in a fun march/cadence about the importance of fresh air
- To demonstrate the power of advocacy

Activity Sheet - Lesson Objective/Key Concept:

- To reinforce the lesson taught in the story

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To share a poem dedicated to fresh air
- To remind children that perseverance always pays off
- To share a song about being physically active outside in the fresh air
- To teach about gardening and the importance of eating fresh fruits and vegetables

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:

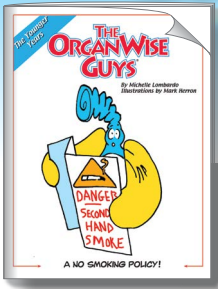
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 1st 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)



Windy® (the lungs)



(Use this link to access all content.)

Read **A No Smoking Policy**

(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:

A SMART POLICY

Read the sentences below. Draw a line from the sentence to the picture that best describes that part of the "No Smoking Policy" story. Next, write the correct order of the story by writing 1, 2, 3 or 4 in the box next to each picture.

Anna's house now has a "No Smoking Policy." Grandma hugs Anna and promises to never smoke inside again!

Anna ran outside to get away from the smoke.

Windy can't believe Grandma started smoking in the house.

Grandma made a healthy after-school snack.

A VERY SPECIAL PERSON

Anna just got a call from her grandma saying that she is going to quit smoking for good. Anna is so proud of her! Think of a person you know who quit smoking or plans to quit smoking. Draw a picture of them in the box below. Write a few sentences telling them how proud you are of them for quitting or encouraging them to quit now if they still smoke.

A Very Special Person

Watch the 3 short companion videos:



PIRATES OF THE CARROT AND BEAN BURIED TREASURE.MP4



STRESS-O-METER.MP4



HONESTY.MP4

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

Note: To emphasize the importance of **healthy snacking**, you can add/replace one of the above videos with this **Pirates of the Carrot and Bean Healthy Snacks Short**.



PIRATES OF THE CARROT AND BEAN HEALTHY SNACKS.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

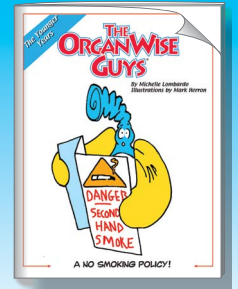
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



A No Smoking Policy 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:

Fresh air, lung health, healthy snacking, fruits, milk, physical activity, high-fiber fruits and vegetables, stress reduction, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To demonstrate compassion toward others
- To show the impact of indoor smoking/secondhand smoke
- To explain the term 'policy'
- To demonstrate the concept of being proactive in a positive way

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce concepts taught in the story
- To encourage children to write an encouraging letter to a loved one

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To remind children to choose high-fiber fruits and vegetables
- To encourage children to breathe deeply and exercise to reduce stress and worry
- To remind children that honesty is always the best policy
- To emphasize the importance of choosing healthy snacks

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

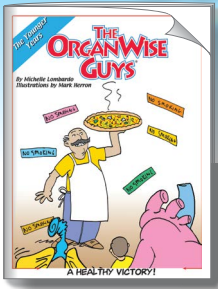
Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 1st 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)



Windy® (the lungs)

(Use this link to access all content.)



Read **A Healthy Victory**

(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:

SERVING UP VEGGIES
Mr. Anthony wants you to come work at the "No Smoking" restaurant on Saturdays. Read the orders below and draw the pizza with the correct toppings. Then add up the total price of the pizza. Draw a picture of each order. Be sure to add them up with veggies for good health!

PIZZA SIZES

Large	Small
\$7.00	\$5.00

VEGGIE TOPPINGES

broccoli	tomatoes	onions	mushrooms
\$1.00	\$1.00	\$1.00	\$2.00

ORDER: PRICE

small pizza _____
broccoli _____
onions _____
Total: _____

ORDER: PRICE

large pizza _____
broccoli _____
tomatoes _____
mushrooms _____
Total: _____

NO-SMOKING POLICY
One of Windy's goals is to help restaurant owners understand why it is so important to have a No Smoking policy. She needs you to help by writing a letter to a restaurant convincing them to become a No Smoking restaurant. Then design and color your No Smoking sign. 20 words to use.

Dear Restaurant Owner,
Please make your restaurant a No-_____one!

Sincerely, _____

Watch the 3 short companion videos:



KEEP YOUR MUSCLES MOVING.MP4



DISABILITIES.MP4



WASH YOUR HANDS.MP4

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

Note: To promote drinking water and staying hydrated while exercising, you can add/replace one of the above videos with this **Drink Your Water Short**.



DRINK YOUR WATER.MP4

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

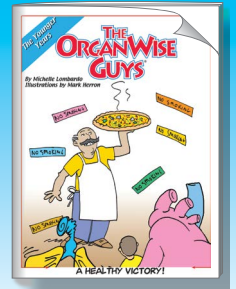
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



A Healthy Victory 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:

Lung health, fresh air, asthma – triggers/treatment, physical activity, vegetables, disabilities, hand-washing, try new healthy foods, hydration, water

Storybook - Lesson Objectives/Key Concepts:

- To encourage physical activity during recess
- To remind children to be understanding of others and their differences
- To demonstrate how asthma affects the lungs
- To show the importance of smoke-free environments

Activity Sheets - Lesson Objectives/Key Concepts:

- To encourage adding vegetables to any meal/practice addition
- To create a 'No Smoking' sign to promote clean air environments

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To demonstrate all the fun ways to keep your muscles moving
- To illustrate that we're all the same on the inside/disabilities
- To emphasize the importance of washing your hands before you eat
- To emphasize the importance of drinking water and staying hydrated throughout the day

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:

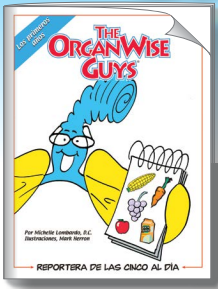
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
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Windy® (the lungs)

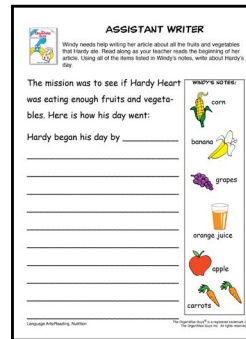
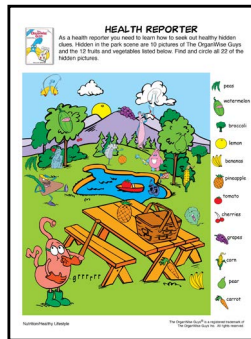


(Use this link to access all content.)

Read **Five a Day Reporter**

(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:



ODE TO FRESH AIR.MP4



HARDY WATCHES HIS WEIGHT.MP4



GIMME FIVE.MP4

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

Note: Eating high-fiber fruits and veggies makes Peri's job easier in the bathroom!. To add **handwashing** to this lesson, you can add/replace one of the above videos with this **Wash Your Hands After Bathroom Short**.



WASH YOUR HANDS AFTER BATHROOM-.MP4

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

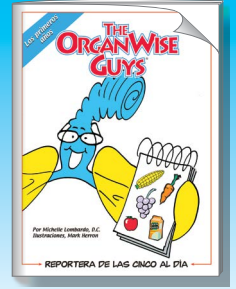
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WISERCISE
Math/spelling desk-side physical activity

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



Five a Day Reporter 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, vitamins, healthy snacking, fresh air, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To reinforce the importance of eating at least five fruits and vegetables each day
- To remind children that fruits and vegetables contain vitamins
- To list examples of fruits and vegetables that can be found in meals and snacks

Activity Sheets - Lesson Objectives/Key Concepts:

- To show examples of fruits and vegetables for children to find in a 'Where's Waldo' search
- To recount the story's details by writing an article

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To share a poem about the benefits of fresh air
- To encourage healthy food choice habits
- To display the large array of healthy fruits and vegetables to choose from
- To reinforce the importance of handwashing after using the restroom

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
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