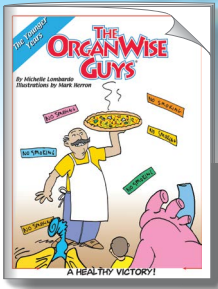




Windy® (the lungs)

(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. Be sure 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

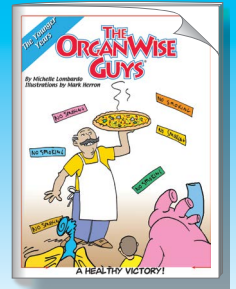
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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
- 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)