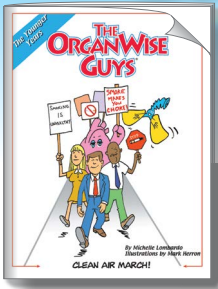




Windy® (the lungs)



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:

HEALTHY PROOFREADING
Hardy has written an article for the school newspaper. He asks his friends and classmates to proofread. Please help him by correcting the words in the newspaper. He'll give you a sticker for every word you find. Then color the picture of Windy.

Staying Smoke Free!
March
The "Clean Air(March)" was a big success. Windy the lungs, and I had a great(time). We even made the Sunday newspaper. At first, the march(was) kind of small in size. But, once we sang our "Clean Air March" song the whole town(cam) out. Now everyone wants to(help) keep our town healthy by staying(smook) free.

Yours in good health,
Hardy Heart

STAY SMOKE FREE!

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

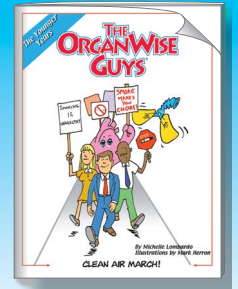
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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)