



# Smart from the Inside Out - 3 Session Lesson Plan Lesson 1



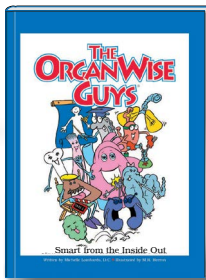
Hardy Heart®

[digital.organwiseguys.com/book/smart-from-the-inside-out](http://digital.organwiseguys.com/book/smart-from-the-inside-out)

(Use this link to access all content.)



In this first lesson, introduce all of The OrganWise Guys characters in the storybook. [Click here to view/download the Meet The OrganWise Guys page for you to use as a guide.](#) If you have an OrganWise doll and/or beanies, you can incorporate the beanies into the introductions as you read the story.



Read **Smart from the Inside Out pages 1-13**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.

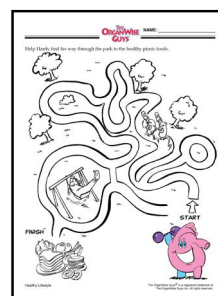
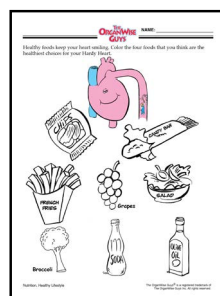
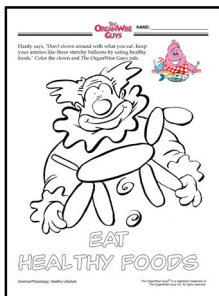
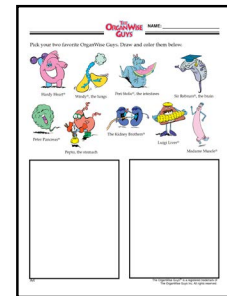
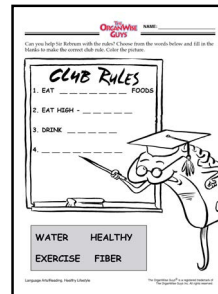
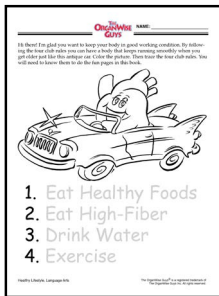


on



off

Complete the following activity pages (preferably during the lesson, but can also be administered in the days following the lesson or assigned as homework):



Watch this short companion video found below the activity sheets in this lesson:



DON'T SKIP BREAKFAST.MP4



## Lesson 1

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(Use this link to access all content.)



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Below are details for **Lesson 1** of the 3-session Smart from the Inside Out content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

### **Nutrition/Health Topics Covered:**

Names and functions of major organs, fruits, vegetables, water/hydration, physical activity, healthy arteries, healthy versus unhealthy foods, breakfast

### **Storybook - Lesson Objectives/Key Concepts:**

- To introduce the children to The OrganWise Guys characters
- To provide a visual of keeping your body healthy for a lifetime
- To provide additional information about each organ
- To list the four OrganWise Guys Club Rules

### **Activity Sheets - Lesson Objectives/Key Concepts:**

- To reinforce the four healthy habits highlighted in the story
- To reinforce the names of the characters/organs
- To show a visual representation of healthy arteries and how to keep them that way
- To contrast healthy versus unhealthy foods

### **Short Video – Lesson Objective/Key Concept:**

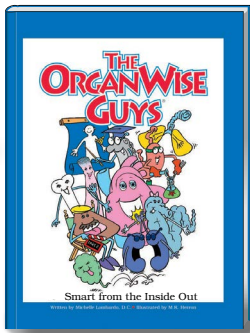
- To show how much better you feel when you remember to eat breakfast

### **Materials Needed/Suggested:**

- Access to the digital platform
- Print out activity sheets if you don't have activity books
- Smart from the Inside Out activity book (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



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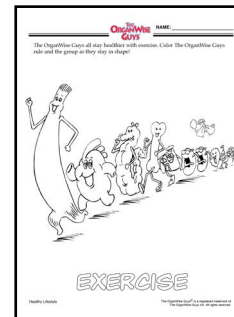
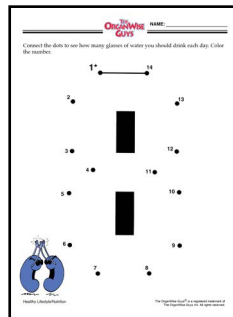
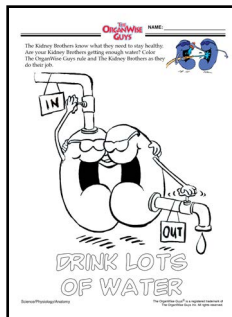
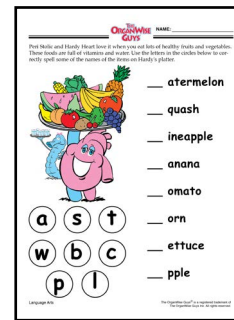
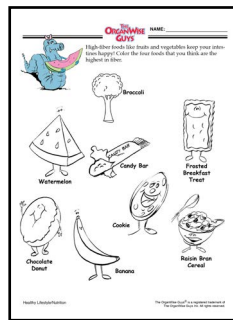
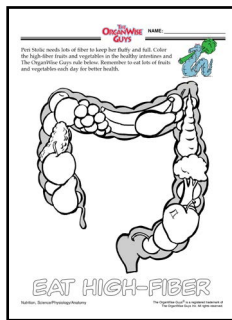
Reintroduce each of the characters from Lesson 1 and do a short recap of the story thus far. Pick back up starting on page 13.

Read **Smart from the Inside Out pages 13 - 23**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.



Complete the following activity pages (preferably during the lesson, but can also be administered in the days following the lesson or assigned as homework):



Watch this short companion video found below the activity sheets in this lesson:



KEEP IT MOVING.MP4



## Lesson 2



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Below are details for **Lesson 2** of the 3-session Smart from the Inside Out content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

### **Nutrition/Health Topics Covered:**

Fruits, vegetables, high-fiber foods, water/hydration, physical activity, healthy arteries, healthy veins, digestion/elimination, peristalsis

### **Storybook - Lesson Objectives/Key Concepts:**

- To recount the four main health rules
- To explain the job of the heart
- To explain the importance of keeping arteries and veins clean by choosing healthy foods
- To explain the importance of keeping arteries and veins clean by exercising
- To demonstrate where the intestine is in the body
- To provide examples of high-fiber foods that are good for the intestine
- To explain what peristalsis means
- To provide a visual explanation of what happens when the intestine doesn't get enough fiber

### **Activity Sheets - Lesson Objectives/Key Concepts:**

- To show a visual representation of how high-fiber foods affect the intestine
- To contrast high-fiber versus low-fiber foods
- To emphasize that healthy fruits and vegetables are full of water and vitamins
- To remind children to drink plenty of water each day for your kidneys
- To remind children of the importance of exercise for all The OrganWise Guys

### **Short Video – Lesson Objective/Key Concept:**

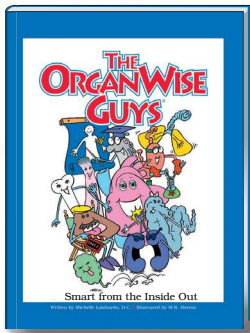
- To teach children the function of the intestine and what foods keep it healthy

### **Materials Needed/Suggested:**

- Access to the digital platform
- Print out activity sheets if you don't have activity books
- Smart from the Inside Out activity book (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



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Reintroduce each of the characters from Lesson 1 and do a short recap of the story thus far. Pick back up starting on page 24.

Read **Smart from the Inside Out pages 24 - 30**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.

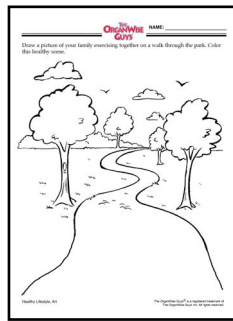


**THE ORGANWISE GUYS** NAME: \_\_\_\_\_

Circle the names of the exercises that are hidden in the word search below. Color the healthy foods.

WALK  
RUN  
SWIM  
BIKE  
PLAY

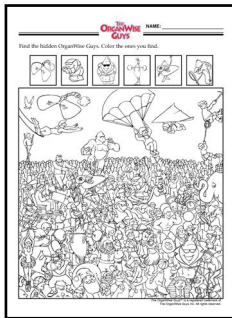
B X W Z X R  
I O A N O U  
K P L A Y N  
E N K O Z P  
Z X O X O T  
O S W I M X



**THE ORGANWISE GUYS** NAME: \_\_\_\_\_

Draw a line from each rule to the correct picture.

- Eat Healthy Foods
- Eat High-Fiber
- Drink Lots of Water
- Exercise



**THE ORGANWISE GUYS** NAME: \_\_\_\_\_

Using the letters below to identify the organs, fill in your 4x4 letter grid to solve the code. It's a message for you from The Organwise Guys!

A E H L  
O S T U  
V W Y

**THE ORGANWISE GUYS** NAME: \_\_\_\_\_

Congratulations! It is now time for you to receive your official Organwise Guys Club Certificate. Fill in your name and color the certificate. Your Organwise Guys are so proud of you. Keep it for the healthy lifestyle!

Official Seal

AFTER COMPLETING THE ORGANWISE GUYS' BOOKS AND SUCCESSFULLY PASSING THE TEST OF KNOWING THE FOUR CLUB RULES,

IS AWARDED THIS CERTIFICATE OF COMPLETION AND IS NOW AN OFFICIAL ORGANWISE GUYS' CLUB MEMBER.

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Watch this short companion video found below the activity sheets in this lesson:



THAT'S HOW YOU EXERCISE.MP4



## Lesson 3



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Below are details for **Lesson 3** of the 3-session Smart from the Inside Out content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

### **Nutrition/Health Topics Covered:**

Healthy foods, high-fiber foods, kidney function, water/hydration, physical activity

### **Storybook - Lesson Objectives/Key Concepts:**

- To demonstrate where the kidneys are in the body
- To explain the function of the kidneys and why drinking water is so important
- To test the children's knowledge of the four healthy rules

### **Activity Sheets - Lesson Objectives/Key Concepts:**

- To highlight fun physical activity suggestions in a word search
- To encourage children to draw a picture of their family exercising
- To reinforce the four healthy habit rules
- To decode a healthy message from The OrganWise Guys

### **Short Video – Lesson Objective/Key Concept:**

- To remind children how fun exercise can be

### **Materials Needed/Suggested:**

- Access to the digital platform
- Print out activity sheets if you don't have activity books
- Smart from the Inside Out activity book (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)