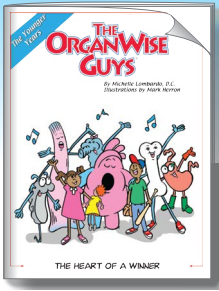




Hardy Heart®

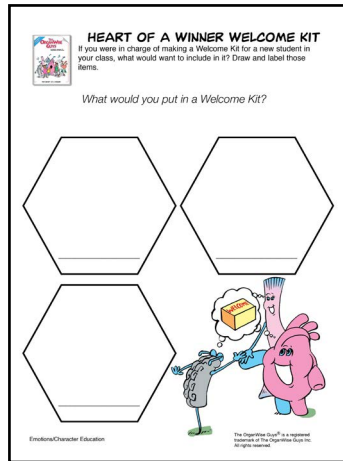


(Use this link to access all content.)

Read **The Heart of a Winner**

(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:



WHAT GETS YOU PUMPED.MP4



DISABILITIES.MP4



DON'T SKIP BREAKFAST.MP4

If time allows . . .

WISERCISE
Math/spelling desk-side physical activity

WARM-UP VIDEOS

To add physical activity using music, movement, healthy messaging and FUN, include a **Warm-up Video** on the WISERCISE LEVEL.

digital.organwiseguys.com/wisercise/warm-up-videos

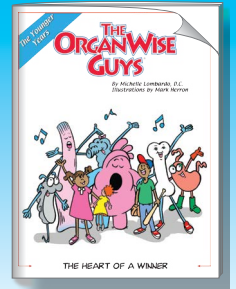
Watch **Exercise**



EXERCISE.MP4



The Heart of a Winner 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/playtime, breakfast, emotional health

Storybook - Lesson Objectives/Key Concepts:

- To share a story about being the new kids at school in a new town
- To encourage children to speak to their school counselor if they are struggling
- To encourage children to be compassionate to their peers who are sad/struggling
- To share an empowering, short song to the tune of 'Twinkle, Twinkle, Little Star'
- To demonstrate the power that caring and sharing have on others

Activity Sheets - Lesson Objectives/Key Concepts:

- To encourage children to be creative about what items they would like in a 'Welcome Kit'
- To remind children that they have the heart of a winner too

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To learn how beneficial and fun exercise is for the heart
- To remind children that we are all the same on the inside/disabilities
- To remind children why breakfast is the best meal of the day

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson

Materials Needed/Suggested:

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