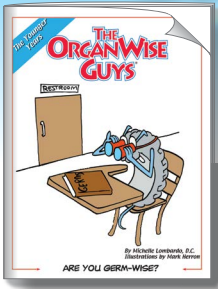




Sir Rebrum®

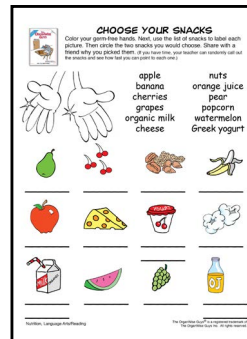
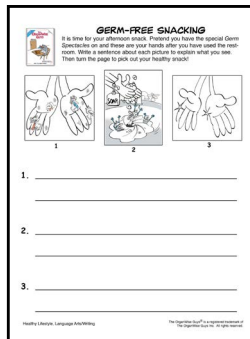


(Use this link to access all content.)

Read **Are You Germ Wise?**

(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:



WASH YOUR HANDS.MP4



WASH YOUR HANDS AFTER BATHROOM-.MP4



DRINK YOUR WATER.MP4

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

Note: To add **Bone Health/Dairy** into this lesson, you can add/replace one of the above videos with this **Health Trek Calcium Short**. Calcium rich foods are a great snack choice throughout your day!



HEALTH TREK CALCIUM.MP4

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

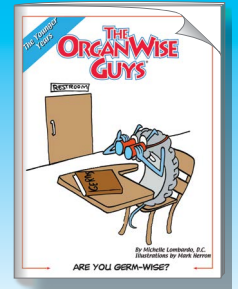
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



Are You Germ Wise? 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:

Germs, fruits, vegetables, exercise, fresh air, handwashing, water/hydration, try new healthy foods, calcium-rich foods

Storybook - Lesson Objectives/Key Concepts:

- To teach a lesson about germs
- To convey the role of healthy eating in fighting germs
- To convey the role of exercise in fighting germs
- To stress the importance of handwashing/soap in fighting germs
- To share a 'secret' handwashing routine for clean hands

Activity Sheets - Lesson Objectives/Key Concepts:

- To remind children of the handwashing routine they learned in the story
- To highlight healthy fruits and vegetables that help to fight germs

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To remind children to wash their hands before they eat
- To remind children to wash their hands after they use the restroom
- To encourage children to drink plenty of water each day
- To help children choose calcium-rich foods when making food 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:

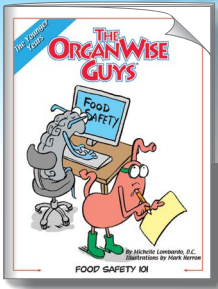
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd 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)



Pepto
(the stomach)

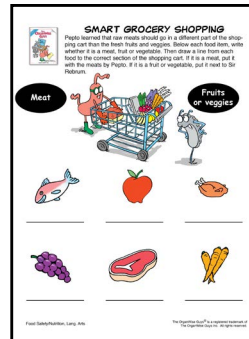
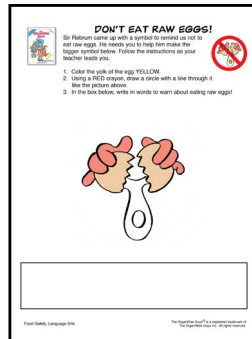


Read **Food Safety 101**

(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.)

(Use this link to access all content.)

Complete the following activity pages:



Watch the 3 short companion videos:



WHEN CAN I EAT THE COOKIE DOUGH.MP4



WASH YOUR HANDS BEFORE YOU EAT.MP4



DO YOUR HOMEWORK.MP4

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

Note: To reinforce the importance of putting foods in the refrigerator, you can add/replace one of the above videos with this **Keep it Cool Short**.



KEEP IT COOL.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).

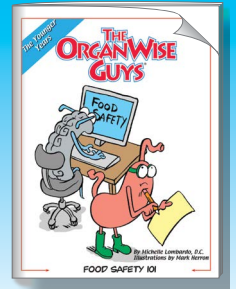
WISERCISE
Math/spelling desk-side physical activity

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



Food Safety 101

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:

Food safety, handwashing, fruits, vegetables, lean meats, high-fiber foods, physical activity, fresh air, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To teach the importance of food safety in a creative way
- To demonstrate the importance of keeping raw meats separate from fresh foods
- To remind children to keep refrigerated foods cold
- To demonstrate the need to wipe surfaces down with soapy water
- To remind children to wash their hands before preparing/eating food
- To teach children to wash their fruits and vegetables before preparing/eating
- To advise children to only eat eggs that are cooked
- To remind children to have an adult help with cutting instruments/stove/oven

Activity Sheets - Lesson Objectives/Key Concepts:

- To remind children not to eat raw eggs
- To reinforce the message of keeping raw meat separate from fresh food

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To reiterate the message to only eat eggs once they are cooked
- To remind children to wash their hands before they eat
- To demonstrate the cumulative effect of studying consistently
- To emphasize the importance of storing specific foods in the refrigerator

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:

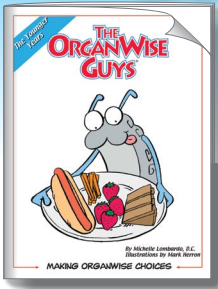
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd Grade student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)



Sir Rebrum®



Read **Making OrganWise Choices**

(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:

HEALTHY CHOICE SENTENCES
Sir Rebrum loves it when you make healthy choices! Below are some choices you helped him make today. Read the words in each box. Decide which picture it describes. Then write a sentence next to that picture using those words.

play outside drink water healthy breakfast turn off TV

Healthy Lifestyle, Language Arts/Writing

START YOUR DAY RIGHT
Sir Rebrum loves it when you make healthy choices! Now it's your turn to choose. Follow the directions below.

- Circle the healthy choice for breakfast.
 - donuts
 - whole grain cereal and organic milk
- Circle the healthy choice for a breakfast drink.
 - 100% orange juice
 - soda
- Circle the best choice for what you should do after you eat breakfast.
 - brush your teeth before you go to school
 - go to school without brushing your teeth
- Write a sentence about what you had for breakfast today.

Healthier, Language Arts/Reading

Watch the 3 short companion videos:



CHEF PERI.MP4



THE BUDDY SONG.MP4



GAME SHOW-DESSERTS.MP4

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

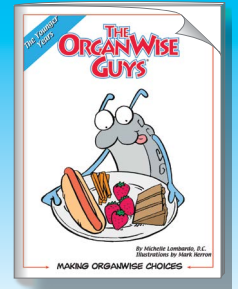
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



Making OrganWise Choices 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:

Manage screentime, breakfast, whole grain foods, fruits, dairy, bike safety, physical activity, water/hydration, healthy snacking/meals, water safety, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To empower children to make food/activity choices
- To contrast choices presented throughout the day and pick the best option
- To demonstrate a healthy breakfast option
- To highlight the importance of wearing a helmet while riding a bike
- To show examples of fun physical activities
- To highlight the importance of staying hydrated
- To show an example of a healthy lunch

Activity Sheets - Lesson Objectives/Key Concepts:

- To reiterate the healthy choices made throughout the story
- To recall the healthy breakfast choices from the story

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To demonstrate how to make the snack 'ants on a log'
- To convey the importance of water safety
- To highlight a healthy dessert choice

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:

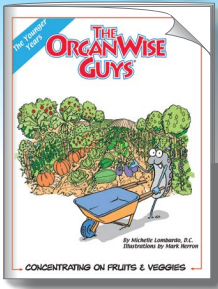
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd 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®

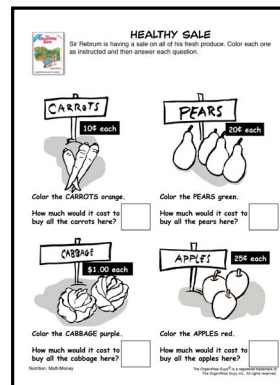
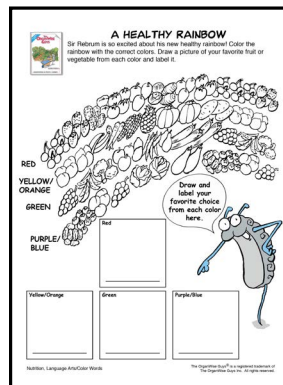


(Use this link to access all content.)

Read **Concentrating on Fruits and Veggies**

(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:



PLANT A GARDEN.MP4



I LOVE MY GARDEN.MP4



FRESH FOOD.MP4

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

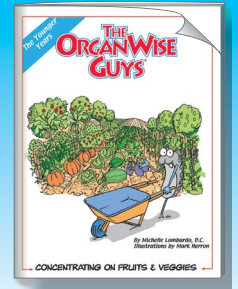
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



Concentrating on Fruits and Veggies 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, exercise, vitamins, fresh air, high-fiber foods/elimination, water/hydration, gardening, physical activity, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To highlight the wide array of colorful fruits
- To highlight the wide array of colorful vegetables
- To remind children that fruits and vegetables contain vitamins their bodies need
- To group fruits and vegetables into colors and test recall of their names

Activity Sheets - Lesson Objectives/Key Concepts:

- To emphasize the various fruits and vegetables in each color group
- To color items from each color group while doing a math problem

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To encourage children to plant a garden
- To share a poem about the love/benefits of gardening
- To demonstrate the process and results of growing your own food

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:

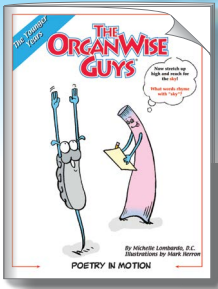
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd 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 **Poetry in Motion**


(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:


HEALTHY POEMS
Madame Muscle and Sir Flabum have written two poems about bones or sea creatures. Some of their best friends have also written short parts of matching words that fit the poem and write them in their lines in the form of poem verses to the form it is describing.

cat treat	ground sound	you too	sea healthy
--------------	-----------------	------------	----------------

This drink is white and is good for _____
It helps your bones stay strong _____ 

This is a food that makes you like to _____
Its skin is yellow and it's a _____ 

This food lives in a lake or the _____
It's a protein that is really _____ 

This is a vegetable that grows in the _____
As a snack it makes a crunchy _____ 

MOVING YOUR MUSCLES
Madame Muscle loves it when you move! She has written one of her favorite verses from her poem. After you finish reading, think about a small fun thing you can do to move your muscles. Then draw a picture of you doing one of those activities. Write another verse that goes with that picture to describe your picture.

Moving around is what muscles do best.
So let's put our muscles to the test.

Watch the 3 short companion videos:



MUSCLE.MP4



KEEP YOUR MUSCLES MOVING.MP4



EXERCISE INSIDE CALCI SIR REBRUM.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 into 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

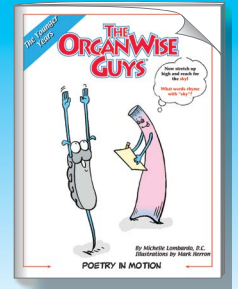
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



Poetry in Motion 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:

Fruit/healthy snacking, physical activity, fresh air, breakfast, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To explain the concept of writer's block
- To demonstrate the need to keep the brain fueled up with healthy food so it can think
- To demonstrate the benefit of exercising to energize the brain and body
- To encourage children to come up with rhyming words

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce the message of choosing healthy foods
- To encourage children to draw their favorite physical activity while practicing their rhyming skills

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To demonstrate the amazing functions of muscles
- To encourage children to keep their muscles moving in a variety of fun ways
- To demonstrate all the fun ways to exercise indoors when the weather is bad
- To teach the importance of washing your hands before you eat

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:

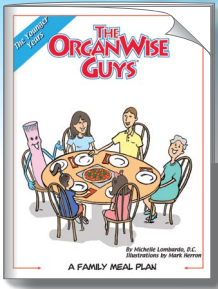
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd 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 **A Family Meal Plan**

(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:

THE GROCERY GAME

Madame Muscle loves playing the grocery game! To keep some foods from going bad, she knows how important it is for those items to go in the refrigerator right away. Look at the pictures below and fill in the missing letters. Then circle the items that belong in the refrigerator. Answer the question below.

il pr_t_els _og_rt

is o_an_e j_ice _ea_

ou ch_e_e _er_a_

How many items did you circle that need to be put in the refrigerator right away?

Nutrition, Language Arts/Reading

YOUR PLAN A MEAL

Madame Muscle would like to see what type of meal you can plan. Circle a food from each square that you would like to have for your meal. Then draw each food item on your dinner plate. Color your picture.

Protein 	Grain
Vegetable 	Fruit

Healthy Lifestyle/Education

Watch the 3 short companion videos:



PIRATES OF THE CARROT AND BEAN INVADE DINNER.MP4



KEEP IT COOL.MP4



WASH YOUR HANDS.MP4

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

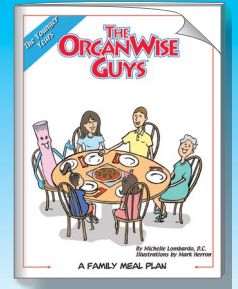
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



A Family Meal Plan 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:

Handwashing, fruits, vegetables, healthy snacking, outdoor playtime, food safety, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To teach the concept of having a family meal plan
- To present the idea of everyone helping with family chores and making it fun
- To test children's knowledge of the foods that need to be refrigerated
- To encourage children to help prepare meals
- To remind children that mealtime is meant to be a time of connection and enjoyment

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce the importance of knowing which foods belong in the refrigerator
- To encourage children to build a healthy meal

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To remind children to make healthy portion sizes and choose wholesome foods
- To repeat the importance of keeping cold food cold
- To encourage children to wash their hands before they eat so they don't get sick

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:

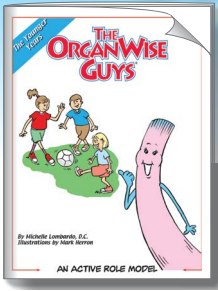
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd 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 **An Active Role Model**

(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:

ACTIVE ROLE MODELS

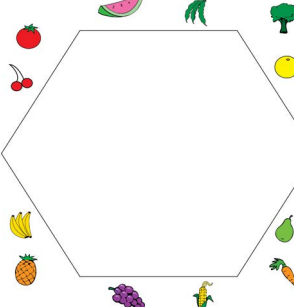
Madame Muscle is proud to be an active role model. Think about a time that you were really active. Write a short story about that time. Did others watch you? Did you ask some friends to join you? How did you feel when you finished? Then draw a picture of yourself being an 'active role model' for others!



Healthy Lifestyle/ Language Arts

HEALTHY ROLE MODEL

Now it's time to draw a picture of yourself when you were a role model for healthy eating. Below are lots of different fruits and veggies. Think of a time you ate one of them. Share with your class or a friend what your picture is about and why it is important to make healthy food choices.



Healthy Lifestyle/Nutrition

Watch the 3 short companion videos:



TALK TO A FRIEND.MP4



LOW DOWN KIDNEY BLUES.MP4



PERSEVERANCE-BASKETBALL.MP4

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

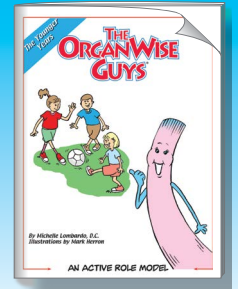
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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 Role Model 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, healthy snacking, water/hydration, fruits/vegetables, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To convey the meaning of being a role model
- To encourage the discipline of perseverance
- To demonstrate the result of practicing hard
- To demonstrate the power of teamwork/support

Activity Sheets - Lesson Objectives/Key Concepts:

- To explain a time/situation when they were active/helped others
- To encourage children to be role models for healthy eating

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To share a poem about the benefits of talking/listening to a friend
- To explain the importance of drinking water for the kidneys
- To demonstrate how persistence always pays off

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:

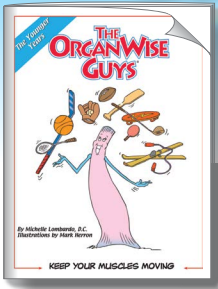
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd 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 **Keep Your Muscles Moving**

(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:

FAMILIES ON THE MOVE

Madame Muscle is all about keeping muscles moving! Draw a picture of yourself, your family and Madame Muscle doing one of your favorite physical activities. Then write a short note to your family about why it is important that you all stay active!

Language Arts, Healthy Lifestyle

COUNT ON ACTIVITY

The OrganWise Guys are adding up their physical activity - 10 minutes at a time. Fill in the missing numbers below as you practice counting by 10. Add up the total minutes of exercise Hardy, Madame Muscle and Calcic are doing below. Then draw yourself being active in the last problem.

20 50 100

10 Minutes + 10 Minutes + 10 Minutes + 10 Minutes =

10 Minutes + 10 Minutes + 10 Minutes =

10 Minutes + 10 Minutes + 10 Minutes + 10 Minutes + 10 Minutes =

+ + =

Math/Spelling, Healthy Lifestyle

Watch the 3 short companion videos:



HARDYS MARCHING BAND.MP4



EXERCISE INSIDE-SUPERHEROS.MP4



THAT'S HOW YOU EXERCISE.MP4

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

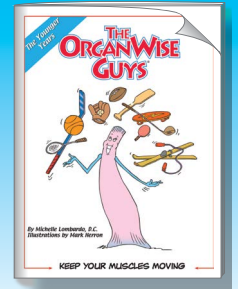
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



Keep Your Muscles Moving 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, MyPlate, healthy foods, bone health, water/hydration, high-fiber fruits and vegetables, elimination process, fresh air, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To convey the importance of moving your muscles every day
- To explain the need for healthy food choices to give the muscles energy
- To demonstrate all the fun ways to get physical
- To challenge children with clues to guess each physical activity
- To encourage children to find physical activities they enjoy and do them

Activity Sheets - Lesson Objectives/Key Concepts:

- To emphasize the importance of keeping your muscles moving with fun activities
- To demonstrate how 10-minute bouts of physical activity add up ... with a math problem

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To show that fun and physical activity go together
- To demonstrate that there are fun activities to do indoors when it's too dark outside
- To convey the joy and benefits 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:

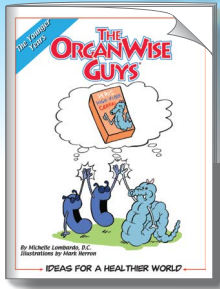
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd 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)



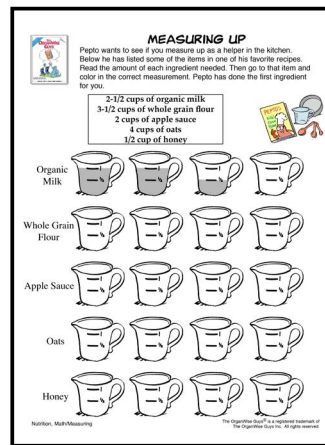
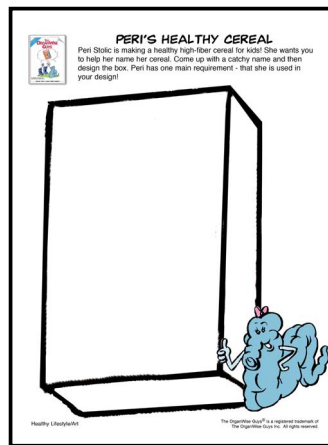
(Use this link to access all content.)



Read **Ideas for a Healthy 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:



STANDING UP-FOR PE.MP4



HARDY SPELLS BREAKFAST.MP4



IT'S MY JOB.MP4

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

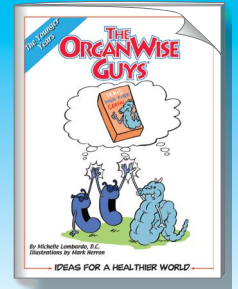
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



Ideas for a Healthy 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:

Bone health, calcium-rich foods, physical activity, heart health, breakfast, handwashing, fresh air, portion sizes, water/hydration, high-fiber foods, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To discuss bone health
- To discuss heart health
- To remind children to fuel up their brains with breakfast and good thoughts
- To reinforce the need for physical activity and fresh air
- To highlight the need for high-fiber foods and water for the elimination system
- To encourage creative brainstorming
- To demonstrate the synergy of group work

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce the need to eat plenty of fiber with a catchy design
- To present a healthy recipe while practicing measuring skills

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To encourage children to advocate for PE class
- To reinforce the importance of eating breakfast while spelling the word
- To teach the process of elimination with a fun song

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:

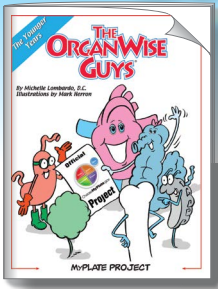
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd 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)



Peter Pancreas®

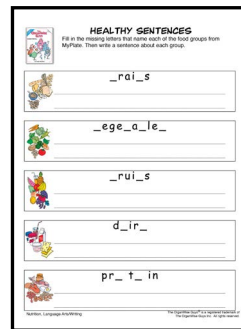
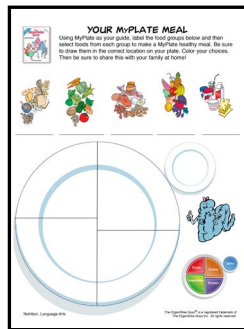


(Use this link to access all content.)

Read **MyPlate Project**

(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:



HEALTH TREK-HEALTHY FOODS.MP4



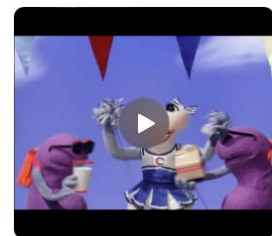
REPEAT AFTER ME.MP4



PIRATES OF THE CARROT AND BEAN HEALTHY SNACKS.MP4

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

Note: To add **Bone Health/Dairy** into this lesson, you can add/replace one of the above videos with this **Calcium Cheer Short**. Calcium rich foods are a great snack choice throughout your day!



CALCIUM CHEER.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

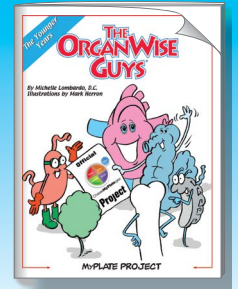
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



MyPlate Project 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:

MyPlate, water/hydration, fruits, vegetables, grains, proteins, dairy, good fats, healthy snacking, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To explain the concept of entrepreneurship
- To demonstrate the synergy that can happen in a group project
- To highlight a variety of fruits and vegetables
- To point out that fruits and vegetables contain vitamins, minerals, fiber, and water
- To show examples of high-fiber, whole-grain foods
- To show examples of lean proteins
- To show examples of dairy items
- To emphasize the importance of good fats

Activity Sheets - Lesson Objectives/Key Concepts:

- To demonstrate knowledge of the MyPlate categories by building a healthy meal
- To reinforce the names of the MyPlate food groups

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To encourage children to make healthy fast-food choices
- To reiterate the four OrganWise rules
- To guide children to make healthy snacking choices
- To identify and promote foods that are rich in calcium

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:

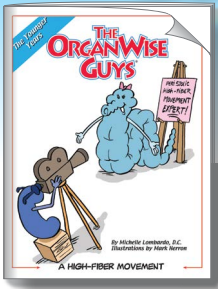
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd Grade student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)



Peri Stolic®
(the intestines)

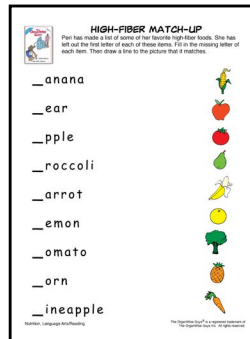


(Use this link to access all content.)

Read **A High Fiber Movement**

(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:



PERI SPELLS CONSTIPATION.MP4



TAKE THE FIBER PLEDGE.MP4



KEEP IT MOVING.MP4

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

Note: To include handwashing information into 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

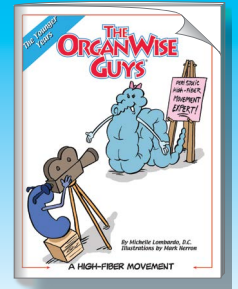
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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 High Fiber Movement 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:

High-fiber fruits, vegetables and whole-grain foods, vitamins/minerals, the function/mechanics of the large intestine, try new healthy foods, handwashing

Storybook - Lesson Objectives/Key Concepts:

- To show the steps of preparing a presentation
- To highlight the function of the large intestine
- To compare high- versus low-fiber food choices
- To remind children that fruits and vegetables also contain vitamins, minerals, and water
- To name a variety of fruits and vegetables

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce the message that fruits and vegetables are high in fiber
- To encourage children to lead their own high-fiber movement

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To show how to spell 'constipation' and how to avoid having it
- To challenge children to take the fiber pledge and eat high-fiber foods
- To explain the function of the intestine and why high-fiber foods are so important
- To teach the importance of washing hands 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:

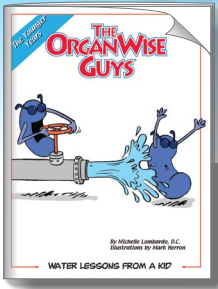
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets if you don't have activity books
- 2nd 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)



(Use this link to access all content.)




Read **Water Lessons From a Kid**


(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:


UNDERSTANDING WATER LESSONS

Read each sentence and draw a line from the sentence to the picture that best describes that part of the "Water Lessons from a Kid" story.

Papa Kidney is surprised when he has twins! 

Sid and Kid are having WATER fun in the rain. 

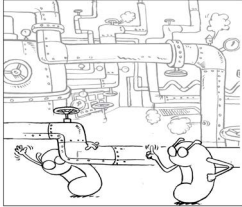
Healthy fruits and veggies are loaded with water! 

Sid and Kid are hydrating with a healthy glass of water. 

Language Arts/Reading: Health

WATER PLANT DESIGNER

The Kidney Brothers want your help in making their family's new water treatment plant a fun, colorful place to work. Color the picture below with your suggestion of how they should paint it. Write about your favorite part of the story.



Healthy Lifestyle: Writing

Watch the 3 short companion videos:



WHAT DO KIDNEYS DO.MP4



GRAPES NEED WATER TOO.MP4



WATER SAFETY.MP4

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

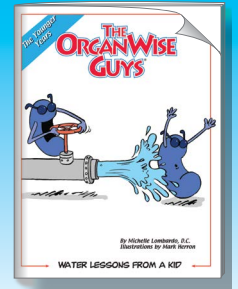
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



Water Lessons From a Kid 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:

The function of the kidneys, water/hydration, fruits, vegetables, healthy snacking, physical activity, dehydration, water safety, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To explain the function of the kidneys
- To discuss water-rich foods – fruits and vegetables
- To highlight that fruits and vegetables also contain vitamins, minerals, and fiber AND water
- To discuss the concept of dehydration
- To use crayon colors to depict dehydration levels

Activity Sheets - Lesson Objectives/Key Concepts:

- To recount the order of events from the story
- To encourage children to write about their favorite part of the story/do a coloring sheet

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To review the function of the kidneys
- To describe the concept of dehydration using a 'grapes versus raisins' example
- To remind children of the importance of being safe in the water

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
- 2nd 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)