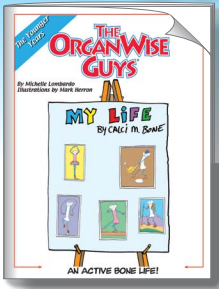




Calci M. Bone®

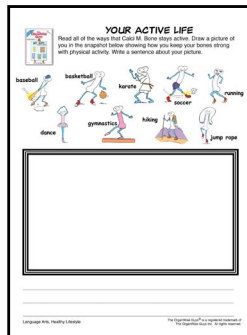
(Use this link to access all content.)



Read **An Active Bone Life**

(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.)

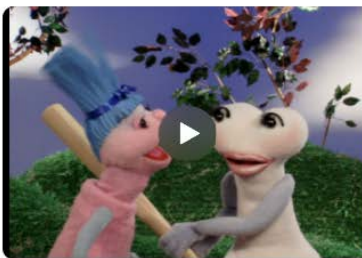
Complete the following activity page:



Watch the 3 short companion videos:



KEEP YOUR BONES MOVING.MP4



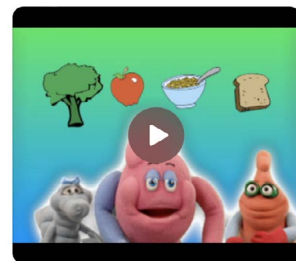
ATTITUDE-BASEBALL.MP4



STICKING TO EXERCISE.MP4

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

Note: To include actual **exercise** into the lesson, you can add/replace one of the above videos with this **OrganWise Cadence Short**.



ORGANWISE CADENCE.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

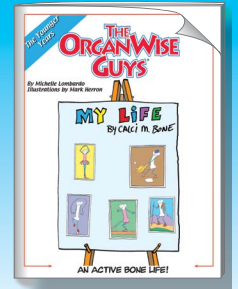
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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 Bone Life 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:

Breakfast, calcium-rich foods, teeth brushing, sunshine for bone health, physical activity, healthy snacking, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To emphasize the importance of eating a calcium-rich breakfast
- To remind children to brush their teeth after eating
- To remind children to breathe deeply to calm nervousness
- To highlight the variety of fun physical activities that promote bone health
- To explain the importance of sunshine for bone health

Activity Sheet - Lesson Objective/Key Concept:

- To recall the physical activities mentioned in the story and have children share their favorites

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To remind kids to keep their bones moving with physical activity
- To highlight that a good attitude is the most important thing you bring to everything you do
- To encourage children to stick to exercise by finding fun ways to keep track of it
- To emphasize the importance of The OrganWise Guys healthy rules through song and movement

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)