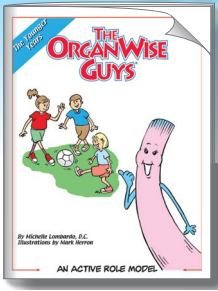




Madame Muscle®



(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!

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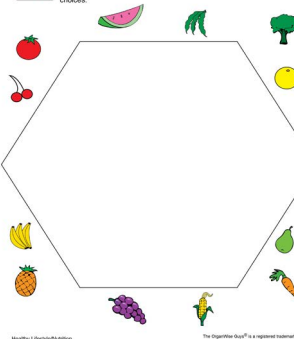
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Healthy Lifestyle/Language Arts

**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

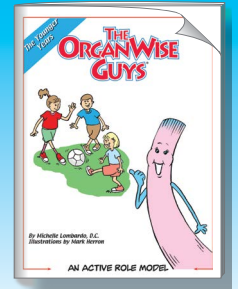
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

**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](http://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)