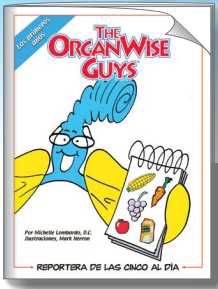




Windy® (the lungs)

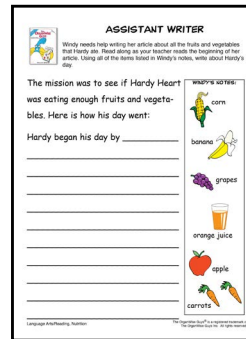
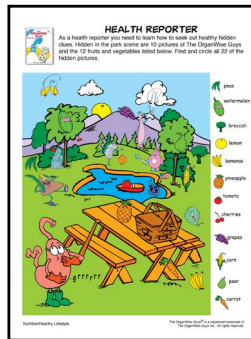


(Use this link to access all content.)

Read **Five a Day Reporter**

(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:



ODE TO FRESH AIR.MP4



HARDY WATCHES HIS WEIGHT.MP4



GIMME FIVE.MP4

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

Note: Eating high-fiber fruits and veggies makes Peri's job easier in the bathroom!. To add **handwashing** to 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

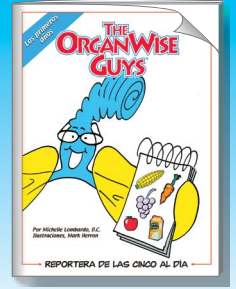
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



Five a Day Reporter 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, vitamins, healthy snacking, fresh air, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To reinforce the importance of eating at least five fruits and vegetables each day
- To remind children that fruits and vegetables contain vitamins
- To list examples of fruits and vegetables that can be found in meals and snacks

Activity Sheets - Lesson Objectives/Key Concepts:

- To show examples of fruits and vegetables for children to find in a 'Where's Waldo' search
- To recount the story's details by writing an article

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To share a poem about the benefits of fresh air
- To encourage healthy food choice habits
- To display the large array of healthy fruits and vegetables to choose from
- To reinforce the importance of handwashing 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
- 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)