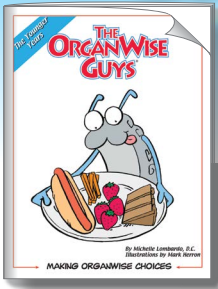




Sir Rebrum®



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

The OrganWise Guys® is a registered trademark of The OrganWise Guys Inc. All rights reserved.

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.

Healthy Lifestyle, Language Arts/Writing

The OrganWise Guys® is a registered trademark of The OrganWise Guys Inc. All rights reserved.

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

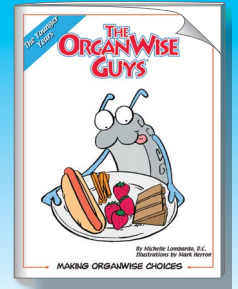
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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)