

OrganWise Gal/Guy Doll Lesson Plan (3 pages)



This lesson is designed to be an introduction of the characters using the unique OrganWise Gal/Guy doll.

Begin by introducing OrganWise Gal/Guy to the children and sharing your excitement that they are about to meet the lovable organs that live inside of them! (Note: Calci M. Bone and Madame Muscle are in each arm, and Sir Re-brum is in the back of the head).

Open the dress/overalls and pull out one organ at a time to introduce them. It is fun to hold up each one and give a couple of clues to see if they can guess what organ it is. Below are some clues to use depending on the age of the children. Once they guess the organ, you can share their OrganWise name and a message from them.



Hardy Heart®

Clues:

- This part of the body goes “boom-boom, boom-boom.”
- It is the organ that pumps your blood.
- This organ begins with the letter “H.”

Message:

“Healthy foods and physical activity help me keep the beat!”



Calci M. Bone®

Clues:

- You have 206 of these inside of you and they make up your skeleton.
- Eating dairy foods like milk, cheese, and yogurt help to keep these body parts strong.
- These body part begins with the letter “B.”

Message:

“Make daily deposits in your bone bank by eating calcium-rich foods and getting plenty of exercise.”



Windy®, the lungs

Clues:

- Take a deep breath in. This organ takes in this fresh air.
- Its main job is to bring oxygen in to the rest of the body.
- This organ begins with the letter “L.”

Message:

“Fresh is my middle name. Fresh air, fresh fruits and veggies!”



Sir Rebrum®

Clues:

- This is the organ that does the thinking.
- It lives inside your head.
- This organ begins with the letter "B."

Message:

"Breakfast keeps me firing on all cylinders!"



Madame Muscle®

Clues:

- You have lots of these (both large and small) and their main job is to help your body move.
- They get stronger when you lift weights.
- These parts of your body begin with the letter "M."

Message:

"Use me, don't lose me. Exercise every day!"



The Kidney Brothers®

Clues:

- You have two of these inside of you and they operate like a water treatment plant.
- They work best when you drink lots of water.
- These two organs begin with the letter "K."

Message:

"Life is a marathon, not a sprint! Drink water, stay hydrated!"



Peri Stolic®

Clues:

- This part of your body helps remove the waste when it's time to go to the restroom.
- She loves the body she lives in to eat lots of high-fiber foods, like fruits and vegetables.
- This organ begins with the letter "I."

Message:

"Good intestinal fortitude, high-fiber foods and physical activity really keep me moving!"



Peter Pancreas®

Clues:

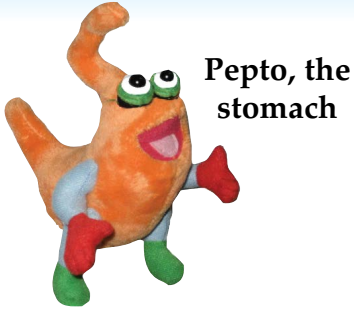
- This is the organ that helps keep the sugar in your body in balance.
- Usually only doctors know about this organ, but this guy might remind you of someone . . . Peter Pan _ _ _ _ _.
- This organ begins with the letter "P."

Message:

"My job sure is a balancing act!"



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Clues:

- This is the first organ that food reaches after you eat.
- It breaks down food with a substance called, "pepsin."
- This organ begins with the letter "S."

Message:

"I suggest... you digest!"



Clues:

- This organ filters out toxins in your blood.
- Its name rhymes with the word, "shiver."
- This organ begins with the letter "L"

Message:

"I am the Master of Metabolism!"

Details/Objectives

Below are details for the OrganWise Gal/Guy dolls. This session is designed to introduce the characters/concepts and can last anywhere from 10-20 minutes, depending on your time frame. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Healthy foods, physical activity, calcium-rich foods, fresh air, fruits and vegetables, breakfast, water/hydration, physiology, toxins

Lesson Objectives/Key Concepts:

- To introduce the organs of the body in an engaging way
- To provide clues for children so they can guess the names of the organs
- To include basic physiology for each organ
- To share healthy habits that benefit each organ
- To empower children with a healthy message from each organ

Materials Needed/Suggested:

- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies