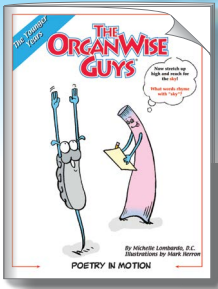




Madame Muscle®



(Use this link to access all content.)

Read **Poetry in Motion**

(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 POEMS

Madame Muscle and Sir Flabum have written two poems about bones and healthy bodies. Read or recite them. Then use your OrganWise doll or set of beanies to help you complete each poem by matching words from the poem and writing them in their place in the lines that follow. Write the name of the food in the lines that follow the poem.

cat	ground	you	sea
treac	sound	too	healthy

This drink is white and is good for _____
It helps your bones stay strong _____

This is a food that makes you fit to _____
Its skin is yellow and it's a _____

This food lives in a lake or the _____
It's a protein that is really _____

This is a vegetable that grows in the _____
As a snack it makes a crunchy _____

MOVING YOUR MUSCLES

Madame Muscle loves it when you move! She has written one of her favorite poems from her book. After you finish reading, draw a picture of you doing one of those activities. Write another verse (two sentences) that helps to describe your picture.

Moving around is what muscles do best.
So let's put our muscles to the test.

Watch the 3 short companion videos:



MUSCLE.MP4



KEEP YOUR MUSCLES MOVING.MP4



EXERCISE INSIDE CALCI SIR REBRUM.MP4

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

Note: Always be sure to wash your hands before you eat! To include handwashing information into this lesson, you can add/replace one of the above videos with this **Wash Your Hands Before You Eat Short**.



WASH YOUR HANDS BEFORE YOU EAT.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

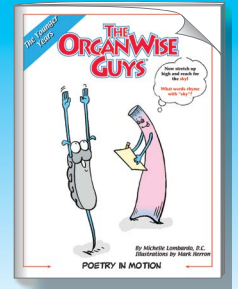
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



Poetry in Motion 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:

Fruit/healthy snacking, physical activity, fresh air, breakfast, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To explain the concept of writer's block
- To demonstrate the need to keep the brain fueled up with healthy food so it can think
- To demonstrate the benefit of exercising to energize the brain and body
- To encourage children to come up with rhyming words

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce the message of choosing healthy foods
- To encourage children to draw their favorite physical activity while practicing their rhyming skills

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To demonstrate the amazing functions of muscles
- To encourage children to keep their muscles moving in a variety of fun ways
- To demonstrate all the fun ways to exercise indoors when the weather is bad
- To teach the importance of washing your hands before you eat

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)