








 Level on Platform	 Specific Content * - English/Spanish X - Main Content Topics X - Secondary Content	Bone Health	Breakfast	Dental Health	Diabetes	Fiber	Food Safety	Fruits/Veggies	Gardening	Hand Washing	Heart Health	Hydration/Water	Limit TV	Lung Health	Nutrition	Physical Activity	Social/Emotional	Math	Language Arts	Science/Health	Entrepreneurialism
		MEET THE ORGANWISE GUYS Introductory storybooks and lesson plans	Smart from the Inside Out* Students meet the organs, learn the four club rules of eating healthy foods, eating high-fiber foods, drinking lots of water and getting plenty of exercise and learn how these choices affect heart and colon health.					X	X			X	X			X	X				X
PreK / KINDERGARTEN 8 storybooks, lesson plans and activities	It's a Teethday Party!* Hardy Heart helps Calci M. Bone learn the importance of brushing her teeth.	X		X										X		X			X	X	
PreK / KINDERGARTEN 8 storybooks, lesson plans and activities	An OrganWise Field Trip* Sir Rebrum designs an "OrganWise" scavenger hunt field trip to the grocery store.	X				X	X					X		X			X	X	X		
PreK / KINDERGARTEN 8 storybooks, lesson plans and activities	"Counting" on You to Play* Hardy Heart and his pals are practicing counting by participating in their favorite physical activities.												X		X		X	X	X		
PreK / KINDERGARTEN 8 storybooks, lesson plans and activities	Keeping Your "Pets" Healthy* Sir Rebrum explains the importance of taking care of all The OrganWise Guys "Pets" living inside humans!	X	X			X	X							X		X			X	X	
PreK / KINDERGARTEN 8 storybooks, lesson plans and activities	Cheering for Healthy Choices* Join The OrganWise Guys in their favorite cheer ... Hip, hip, hooray! Hip, hip, hooray! I'm making OrganWise choices today!		X				X					X		X	X	X			X	X	
PreK / KINDERGARTEN 8 storybooks, lesson plans and activities	Click on Your Sir Rebrum* Learn how a healthy breakfast can "click" on Sir Rebrum for a great day at school!		X											X	X				X	X	
PreK / KINDERGARTEN 8 storybooks, lesson plans and activities	FIBER-ific Fashion* Peri Stolic needs help designing a colorful fruit and veggie outfit for her television debut on the importance of eating high-fiber foods!					X	X							X					X	X	
PreK / KINDERGARTEN 8 storybooks, lesson plans and activities	What's on Your Plate?* See how all of The OrganWise Guys pitch in to make Pepto's birthday party a fun, healthy and balanced event.						X							X					X		
1st GRADE 12 storybooks, lesson plans and activities	School Days Here We Come* It's the first day of school and time to meet all The OrganWise Guys classmates and see where they live!	X										X		X		X	X		X	X	
1st GRADE 12 storybooks, lesson plans and activities	I Think I Forgot Something* Sir Rebrum is having trouble concentrating and realizes it's because he forgot to eat breakfast that day!		X											X		X	X		X	X	
1st GRADE 12 storybooks, lesson plans and activities	All Hearts Need Love* Hardy teaches his friends how to "love" all hearts by getting physical activity and by being kind to others.										X				X	X			X	X	
1st GRADE 12 storybooks, lesson plans and activities	Taking a Healthy Break* The OrganWise Guys learn the importance of taking a "healthy" break from too much television.										X	X			X	X			X	X	
1st GRADE 12 storybooks, lesson plans and activities	My Favorite Drink In The World* Calci helps a friend with a new sibling understand how important "milk" is in early life.	X	X											X	X	X			X	X	

 Level on Platform	 Specific Content * - English/Spanish X - Main Content Topics X - Secondary Content	Bone Health	Breakfast	Dental Health	Diabetes	Fiber	Food Safety	Fruits/Veggies	Gardening	Hand Washing	Heart Health	Hydration/Water	Limit TV	Lung Health	Nutrition	Physical Activity	Social/Emotional	Math	Language Arts	Science/Health	Entrepreneurialism
1st GRADE 12 storybooks, lesson plans and activities	A Teeth Changing Experience* Calci learns the importance of taking care of her teeth now . . . before it's too late!	X		X										X		X		X	X		
1st GRADE 12 storybooks, lesson plans and activities	"Bone Bank" Savings* Calci learns about saving for future bone health by eating calcium-rich foods while she is young.	X												X		X	X	X	X		
1st GRADE 12 storybooks, lesson plans and activities	An Active Bone Life* Calci M. Bone knows that physical activity helps keep her healthy and strong. Can you guess what her favorite activities are?	X	X												X	X		X	X		
1st GRADE 12 storybooks, lesson plans and activities	Clean Air March* Windy, the lungs, is all for keeping air quality clean. Join in as they help their city with a Clean Air March!													X	X	X		X	X		
1st GRADE 12 storybooks, lesson plans and activities	A No Smoking Policy* Windy learns that second-hand smoke is making her friend sick and has a plan to help her!													X	X	X		X	X		
1st GRADE 12 storybooks, lesson plans and activities	A Healthy Victory* To help out a new friend who has asthma, Windy is on a mission to make restaurants "smoke free."								X					X	X	X		X	X		
1st GRADE 12 storybooks, lesson plans and activities	Five a Day Reporter* Windy "secretly" follows Hardy Heart for a day to make sure he's getting plenty of fruits and veggies.						X							X	X			X	X		
2nd GRADE 12 storybooks, lesson plans and activities	Are You Germ-Wise?* Sir Rebrum and Pepto are conducting an experiment to see if kids are washing their hands properly.								X						X	X			X	X	
2nd GRADE 12 storybooks, lesson plans and activities	Food Safety 101* Pepto learns about food safety rules, handling and preparing food, proper clean-up and food storage.					X	X								X				X	X	X
2nd GRADE 12 storybooks, lesson plans and activities	Making OrganWise Choices* Sir Rebrum demonstrates how capable youngsters are of making healthful decisions throughout their day.		X									X			X	X	X		X	X	
2nd GRADE 12 storybooks, lesson plans and activities	Concentrating on Fruits and Veggies* Sir Rebrum helps students to concentrate on the importance of eating lots of colorful fruits and vegetables for good health.						X	X							X		X	X	X	X	
2nd GRADE 12 storybooks, lesson plans and activities	Poetry in Motion* Madame Muscle cures writer's block with a healthy snack and some exercise.						X								X	X			X	X	
2nd GRADE 12 storybooks, lesson plans and activities	A Family Meal Plan* Meal time is more than just filling your stomach; it includes building nutritious meals and being together.						X								X		X		X		
2nd GRADE 12 storybooks, lesson plans and activities	An Active Role Model* Madame Muscle helps a new teammate become a "role model" for other new players.															X	X		X		
2nd GRADE 12 storybooks, lesson plans and activities	Keep Your Muscles Moving* Madame Muscle inspires children to discover activities they find enjoyable and then DO them!															X			X	X	

 <p>Level on Platform</p>	 <p>Specific Content * - English/Spanish X - Main Content Topics X - Secondary Content</p>	Bone Health	Breakfast	Dental Health	Diabetes	Fiber	Food Safety	Fruits/Veggies	Gardening	Hand Washing	Heart Health	Hydration/Water	Limit TV	Lung Health	Nutrition	Physical Activity	Social/Emotional	Math	Language Arts	Science/Health	Entrepreneurialism
2nd GRADE 12 storybooks, lesson plans and activities	Ideas for a Healthier World* Join in the brainstorming session for all kinds of great ideas to help make the world a healthier one.	X					X			X	X					X	X	X	X	X	
2nd GRADE 12 storybooks, lesson plans and activities	MyPlate Project* Learn how to make healthy choices with MyPlate as a guide ... in a fun-filled way!	X				X	X				X				X				X	X	X
2nd GRADE 12 storybooks, lesson plans and activities	A High-Fiber Movement* Learn along with Peri about why fruits, veggies and whole grains are so important in this High-Fiber Movement.					X	X								X				X	X	
2nd GRADE 12 storybooks, lesson plans and activities	Water Lessons From a Kid* This story colorfully illustrates how the kidneys function and the importance of drinking plenty of water.						X					X							X	X	
3rd GRADE 2 storybooks, lesson plans and activities	Basic Training for Better Health* This book delves into the body's immune system. Students will learn how it works and how they can assist it by reading food labels and choosing healthy, high-fiber foods, drinking lots of water and doing regular exercise.					X	X				X				X	X			X	X	
3rd GRADE 2 storybooks, lesson plans and activities	The Healthy Heart Challenge* Children learn about preventing cardiovascular disease and stroke. Using illustrations and simple language, children learn what simple steps they can take each day to increase their odds for a long, healthy life.						X			X					X	X	X		X	X	
4th GRADE 2 storybooks, lesson plans and activities	Pepto's Place - Where Every Serving Size is OrganWise!* Students learn what it takes to become an entrepreneur by helping Pepto open a healthy fast food restaurant. Students will compare different food items and decide if they qualify as OrganWise!	X				X	X		X	X	X			X	X	X		X	X	X	X
4th GRADE 2 storybooks, lesson plans and activities	Balancing the Energy Equation - One Step at a Time!* Students learn about easy ways to increase their daily steps with this 10-week step counting study. The activity book helps children set personal goals and track their progress. (Students will need a tool to track steps daily.)															X	X	X	X		
5th GRADE 2 storybooks, lesson plans and activities	Undercover Diabetes Health Agents* Using compelling illustrations and simple language, children learn about type 2 diabetes and what lifestyle choices they can make to help minimize their chances of getting this disease.				X	X						X			X				X	X	
5th GRADE 2 storybooks, lesson plans and activities	Train Your Brain for Success* Hardy is learning about the importance of self-talk when it comes to achieving his goal. This book addresses the topic of positive affirmations to help children reach their goals.						X								X	X			X	X	X
WISERCISE Math/spelling desk-side physical activity	12 Warm-up Videos/SPELLING AND MATH Physical Activity Warm-up videos are great for classroom teachers and PE teachers. Incorporate physical activity into your math and spelling lessons by spinning the <i>Wheel-o-Health</i> to perform exercises as you study! Teachers choose content and can upload their own weekly spelling list.															X		X	X		

 Level on Platform	 Specific Content * - English/Spanish X - Main Content Topics X - Secondary Content	Bone Health	Breakfast	Dental Health	Diabetes	Fiber	Food Safety	Fruits/Veggies	Gardening	Hand Washing	Heart Health	Hydration/Water	Limit TV	Lung Health	Nutrition	Physical Activity	Social/Emotional	Math	Language Arts	Science/Health	Entrepreneurialism
SOCIAL EMOTIONAL HEALTH 4 storybooks, lesson plans and activities	Helping You Feel Safe (Prek-2nd)* In addition to feeling healthy and happy, children need to feel SAFE - even if they find themselves in a homeless shelter or a new living situation. Read along and learn the "calming" secrets of the guys!														X	X	X		X		
SOCIAL EMOTIONAL HEALTH 4 storybooks, lesson plans and activities	Helping You Talk About Feelings (Prek-2nd)* Hardy is determined to find out why his friend is just not her usual happy self. Is she afraid of something that is prompting her unusual actions? Find out who might provide the answer for her!																X		X		
SOCIAL EMOTIONAL HEALTH 4 storybooks, lesson plans and activities	"Acting Out" Our Feelings (Prek-2nd)* The OrganWise Guys are trying out for their school's play. They are honing their skills by "acting out" (learning to express) different emotions. These life skills will come in handy for more than just the play!															X	X	X	X		
SOCIAL EMOTIONAL HEALTH 4 storybooks, lesson plans and activities	The Heart of a Winner (Prek-2nd)* Two new students have joined Miss Goodhealth's class after a storm forces them to relocate. Find out how Hardy and the guys help them feel welcome AND reveal an inner strength they didn't know they had.																X		X		
GARDENING 4 storybooks, lesson plans and activities	"Organ"-ic Gardening (3rd-5th)* Children learn the important steps of planting and growing a fruit and vegetable garden. They show how this fun project can be done almost anywhere with the right plan and plenty of teamwork!							X	X							X			X	X	
GARDENING 4 storybooks, lesson plans and activities	Harvesting Health (3rd-5th)* Join the garden celebration with a Harvesting Health party using the home grown fruits and vegetables!							X	X			X				X			X		
GARDENING 4 storybooks, lesson plans and activities	Growing a Community (3rd-5th)* See what happens when a neighborhood gets together to grow not only delicious fruits and vegetables, but new friendships and a sense of community as well.							X	X							X		X	X		X
GARDENING 4 storybooks, lesson plans and activities	Concentrating on Fruits & Veggies (3rd-5th)* Eating a wide variety of fruits and vegetables is a great way to get vitamins and nutrients. Leave it to Sir Rebrum to think of a fun and colorful way to remember this lesson!							X	X							X		X	X	X	X
FOODS OF THE MONTH Year-round activities and newsletters	Monthly READY TO GO Year-round Nutrition Education Each month highlights 2 food groups including downloadable coloring sheets, activity sheets, newsletter/recipes (English/Spanish) and a video to highlight monthly foods. Great for getting healthy messaging out to the family.							X								X			X	X	
MUSIC/ARTS 16 songs with lyrics/12 drawing videos	16 videos/songs (approx 2 minutes) See song title for content. Great for transition time/centers. Includes an instrumental version of the songs with lyrics for music teachers to use for performances. 12 videos on how to draw The OrganWise Guys The Arts section contains step-by-step instructions on how to draw each character. Great for students to use for creating healthy posters/storybooks.	X	X			X	X	X	X	X	X			X	X	X				X	

 Level on Platform	 Specific Content * - English/Spanish X - Main Content Topics X - Secondary Content	Bone Health	Breakfast	Dental Health	Diabetes	Fiber	Food Safety	Fruits/Veggies	Gardening	Hand Washing	Heart Health	Hydration/Water	Limit TV	Lung Health	Nutrition	Physical Activity	Social/Emotional	Math	Language Arts	Science/Health	Entrepreneurialism
		SHORTS! BY TOPIC 80 1-minute videos - great for transition time	80 SHORT video messages (1 minute or less) This level contains a wide variety of healthy topics arranged by topic to bring your nutrition and healthy living programming to life. Great for TRANSITION TIME, MORNING ANNOUNCEMENTS or use as part of PE programming. Number represents number of SHORTS! for each topic - ENJOY!	3	4			7	2	7	3	3		4	2	2	ALL	17	12		
VIDEOS 14-20 minutes of educational fun	GIMME FIVE The importance of eating plenty of fruits and vegetables each day is introduced. (15:10 minutes)							X				X			X	X				X	
VIDEOS 14-20 minutes of educational fun	CALCI'S BIG RACE Calci learns that eating calcium-rich foods and getting plenty of physical activity will help her make it to the finish line. (14:31 minutes)	X													X	X				X	
VIDEOS 14-20 minutes of educational fun	BREAKFAST SKIPPIN' BLUES Sir Rebrum is having a hard time remembering his lines in a school play. Can you guess what he forgot to do that morning? (16:24 minutes)		X												X	X				X	
VIDEOS 14-20 minutes of educational fun	EXTREME COUCH POTATO Hardy learns an important lesson about turning off the television, healthy snacking and getting outside to play. (14:18 minutes)										X		X		X	X				X	
VIDEOS 14-20 minutes of educational fun	FIBER FANDANGO Peri Stolic, the intestine, reads a "scary" story called, <i>The Boy Who Didn't Eat Enough Fiber</i> . (15:35 minutes)					X		X							X	X				X	
VIDEOS 14-20 minutes of educational fun	PEPTO'S PARTY PORTIONS Learn all about healthy portions and hand washing by attending a surprise party for Pepto! (17:18 minutes)							X		X					X	X				X	
VIDEOS 14-20 minutes of educational fun	FARMER'S MARKET FRESH Windy discovers the importance of eating a variety of fresh fruits and veggies! (17:59 minutes)							X	X					X	X	X				X	X
VIDEOS 14-20 minutes of educational fun	H2Ohhhhh! The Kidney Brothers clearly show how much they love everything about water (including water safety), especially drinking it! (20:21 minutes)											X			X	X				X	