


 <b>Level on Platform</b>	<b>Specific Early Childhood Content</b>  * - 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
<b>MEET THE ORGANWISE GUYS</b> Introductory storybooks and lesson plans	<b>Smart from the Inside Out*</b> 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	X		
<b>PreK / KINDERGARTEN</b> 8 storybooks, lesson plans and activities	<b>It's a Teethday Party!*</b> Hardy Heart helps Calci M. Bone learn the importance of brushing her teeth.	X		X										X		X			X	X	
<b>PreK / KINDERGARTEN</b> 8 storybooks, lesson plans and activities	<b>An OrganWise Field Trip*</b> Sir Rebrum designs an "OrganWise" scavenger hunt in the grocery store.	X				X	X				X			X			X	X	X		
<b>PreK / KINDERGARTEN</b> 8 storybooks, lesson plans and activities	<b>"Counting" on You to Play*</b> Hardy Heart and his pals are practicing counting by participating in their favorite physical activities.												X		X		X	X	X		
<b>PreK / KINDERGARTEN</b> 8 storybooks, lesson plans and activities	<b>Keeping Your "Pets" Healthy*</b> 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		
<b>PreK / KINDERGARTEN</b> 8 storybooks, lesson plans and activities	<b>Cheering for Healthy Choices*</b> 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		
<b>PreK / KINDERGARTEN</b> 8 storybooks, lesson plans and activities	<b>Click on Your Sir Rebrum*</b> Learn how a healthy breakfast can "click" on Sir Rebrum for a great day at school!		X											X	X			X	X		
<b>PreK / KINDERGARTEN</b> 8 storybooks, lesson plans and activities	<b>FIBER-ific Fashion*</b> 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		
<b>PreK / KINDERGARTEN</b> 8 storybooks, lesson plans and activities	<b>What's on Your Plate?*</b> See how all of The OrganWise Guys pitch in to make Pepto's birthday party a fun, healthy and balanced event.						X							X				X			
<b>WISERCISE</b> Math/spelling desk-side physical activity	<b>12 Warm-up Videos/SPELLING AND MATH Physical Activity</b> Warm-up videos are great for classroom teachers to use at any time. Incorporate physical activity into your counting, 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			
<b>SOCIAL EMOTIONAL HEALTH</b> 4 storybooks, lesson plans and activities	<b>Helping You Feel Safe (Prek-2nd)*</b> 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			
<b>SOCIAL EMOTIONAL HEALTH</b> 4 storybooks, lesson plans and activities	<b>Helping You Talk About Feelings (Prek-2nd)*</b> 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			
<b>SOCIAL EMOTIONAL HEALTH</b> 4 storybooks, lesson plans and activities	<b>"Acting Out" Our Feelings (Prek-2nd)*</b> 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			

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<b>SOCIAL EMOTIONAL HEALTH</b> 4 storybooks, lesson plans and activities	<b>The Heart of a Winner (Prek-2nd)*</b> 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			
<b>FOODS OF THE MONTH</b> Year-round activities and newsletters	<b>Monthly READY TO GO Year-round Nutrition Education</b> Each month highlights 2 food groups (downloadable coloring/activity sheets, newsletter/recipes (English/Spanish). Gets healthy messaging to the family!							X							X				X	X		
<b>MUSIC/ARTS</b> 16 songs with lyrics/12 drawing videos	<b>16 videos/songs (approx 2 minutes) See song title for content.</b> Great for transition time/centers. Includes an instrumental version of the songs with lyrics for music teachers to use for performances. <b>12 videos on how to draw The OrganWise Guys</b> The Arts section contains instructions on how to draw each character!	X	X			X	X	X	X	X	X	X		X	X	X					X	
<b>SHORTS! BY TOPIC</b> 80 1-minute videos - great for transition time	<b>80 SHORT video messages (1 minute or less)</b> This level contains a variety of topics to bring your nutrition and healthy living programming to life. Great for TRANSITION TIME or use as part of PE programming. Number represents number of SHORTS! for each topic.	3	4			7	2	7	3	3		4	2	2	ALL	17	12				ALL	
<b>VIDEOS</b> 14-20 minutes of educational fun	<b>GIMME FIVE</b> The importance of eating plenty of fruits and vegetables each day is introduced. (15:10 minutes)							X				X			X	X					X	
<b>VIDEOS</b> 14-20 minutes of educational fun	<b>CALCI'S BIG RACE</b> 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	
<b>VIDEOS</b> 14-20 minutes of educational fun	<b>BREAKFAST SKIPPIN' BLUES</b> 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	
<b>VIDEOS</b> 14-20 minutes of educational fun	<b>EXTREME COUCH POTATO</b> 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	
<b>VIDEOS</b> 14-20 minutes of educational fun	<b>FIBER FANDANGO</b> 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	
<b>VIDEOS</b> 14-20 minutes of educational fun	<b>PEPTO'S PARTY PORTIONS</b> Learn all about healthy portions and hand washing by attending a surprise party for Pepto! (17:18 minutes)							X		X					X	X					X	
<b>VIDEOS</b> 14-20 minutes of educational fun	<b>FARMER'S MARKET FRESH</b> Windy discovers the importance of eating a variety of fresh fruits and veggies! (17:59 minutes)							X	X					X	X	X					X	X
<b>VIDEOS</b> 14-20 minutes of educational fun	<b>H2Ohhhhh!</b> 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	