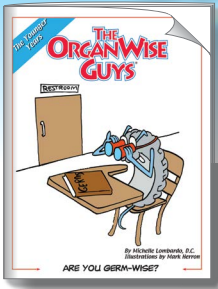




Sir Rebrum®

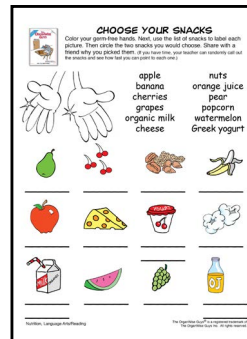
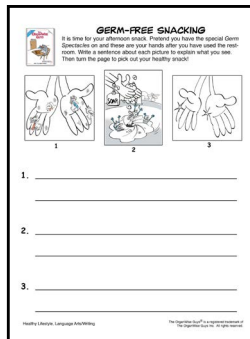


(Use this link to access all content.)

Read **Are You Germ Wise?**

(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:



Watch the 3 short companion videos:



WASH YOUR HANDS.MP4



WASH YOUR HANDS AFTER BATHROOM-.MP4



DRINK YOUR WATER.MP4

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

Note: To add **Bone Health/Dairy** into this lesson, you can add/replace one of the above videos with this **Health Trek Calcium Short**. Calcium rich foods are a great snack choice throughout your day!



HEALTH TREK CALCIUM.MP4

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

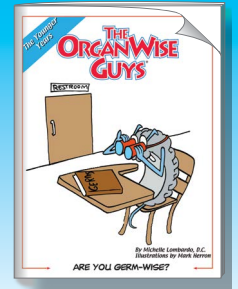
WISERCISE
Math/spelling desk-side physical activity

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).

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



Are You Germ Wise? 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:

Germs, fruits, vegetables, exercise, fresh air, handwashing, water/hydration, try new healthy foods, calcium-rich foods

Storybook - Lesson Objectives/Key Concepts:

- To teach a lesson about germs
- To convey the role of healthy eating in fighting germs
- To convey the role of exercise in fighting germs
- To stress the importance of handwashing/soap in fighting germs
- To share a 'secret' handwashing routine for clean hands

Activity Sheets - Lesson Objectives/Key Concepts:

- To remind children of the handwashing routine they learned in the story
- To highlight healthy fruits and vegetables that help to fight germs

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To remind children to wash their hands before they eat
- To remind children to wash their hands after they use the restroom
- To encourage children to drink plenty of water each day
- To help children choose calcium-rich foods when making food choices

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)