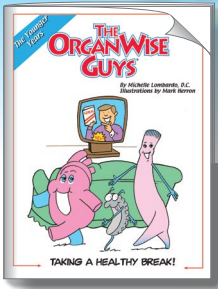




Madame Muscle®



(Use this link to access all content.)

Read **Taking a Healthy Break**

(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:

A HEALTHY COMMERCIAL

You have been chosen to star in a new "Healthy Habits Commercial" about eating more fruit. Pick one of the fruits shown below. Finish the script below of your "healthy commercial." Use your imagination and make it fun! Share your commercial with the class.

bananas apples grapes

I love to eat _____

I like this fruit because _____

I remember eating this fruit at _____

I think you should try this fruit. When you put it in your mouth, it tastes like _____

Fruits taste great and are _____

Next time you want a snack, be sure to _____

TURN OFF THE TV

Hardly is anyone about this turning off the television. The words you to get up and move around. The first make a crossword puzzle of physical activity words. Using the words below, fill in the puzzle so that each word fits correctly. (Hardly has filled in the first letter to get you started.) Then follow the directions below to finish the sentence.

tennis walk

dance run

exercise football

Using the letters from the gray boxes, finish the sentence below.

An easy way to get exercise is simply to go outside and have some _____

Watch the 3 short companion videos:



TAME YOUR TV.MP4



TV COMMERCIAL FOR EXERCISES.MP4



LIMIT YOUR TV-GAMES.MP4

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

Note: To include more content on **healthy snacking** into this lesson, you can add/replace one of the above videos with this **Pirates of the Carrot and Bean Healthy Snacks Short**.



PIRATES OF THE CARROT AND BEAN HEALTHY SNACKS.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

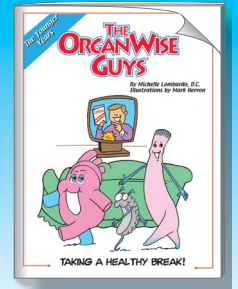
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



Taking a Healthy Break 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:

Physical activity/fitness breaks, effects of sedentary behavior on the heart, muscles and brain, fruit, try new healthy foods, effects of too much screentime, healthy snacking, try new foods

Storybook - Lesson Objectives/Key Concepts:

- To teach children to be proactive about managing/turning off their devices
- To demonstrate how the heart and muscles need physical activity to stay strong
- To illustrate the importance of getting blood flow to the brain by moving
- To demonstrate how a few minutes of exercise 'wakes the body up'
- To encourage children to take regular fitness breaks when they are feeling sluggish

Activity Sheets - Lesson Objectives/Key Concepts:

- To motivate the children to write a commercial about their favorite fruit
- To encourage the children to go outside and enjoy physical activity instead of screen time

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To encourage children to manage/limit their screentime
- To promote the wide-ranging benefits of exercise
- To encourage children to track their screentime to find more time for healthy activities
- To highlight the importance of making healthy snack 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
- 1st 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)