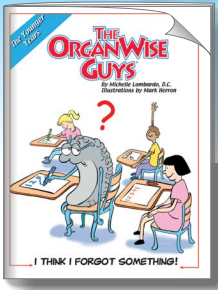




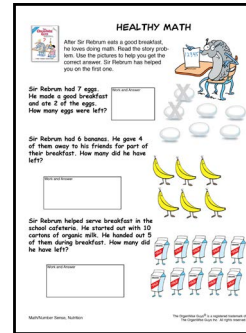
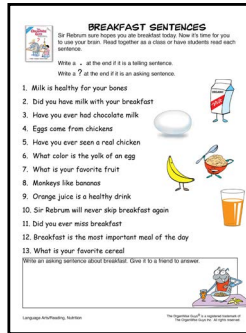
Sir Rebrum®



Read ***I Think I Forgot Something***

(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:



UPSIDE DOWN BREAKFAST.MP4



TEST TAKING POEM.MP4



PIRATES OF THE CARROT AND BEAN INVADE BREAKFAST.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 in 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

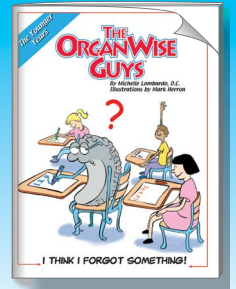
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



I Think I Forgot Something 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, breakfast, teeth brushing, fruit, whole grain foods, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To encourage the habit of starting each day with gratitude
- To encourage the habit of exercise each morning to get the body/brain going
- To remind children to brush their teeth every day
- To demonstrate the benefit of eating breakfast each day

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce the habit of a healthy breakfast while practicing punctuation
- To highlight healthy breakfast choices while solving story/math problems

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To remind children to start their day out right with breakfast
- To share a poem on tips for successful test-taking
- To share suggestions for making breakfast healthier
- To highlight the importance of handwashing before eating

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:

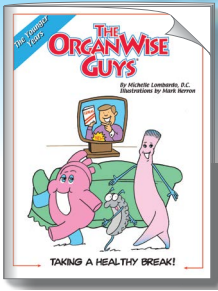
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

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)



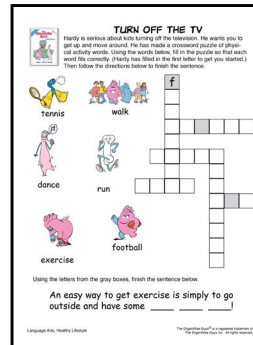
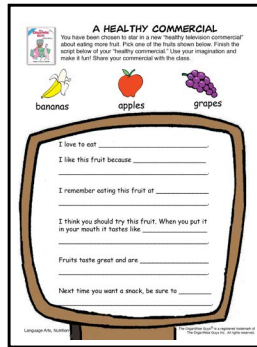
Madame Muscle®



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:



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

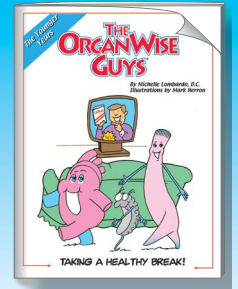
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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:

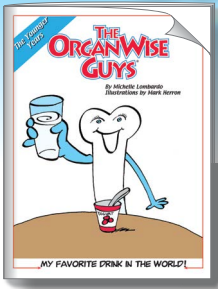
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

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)



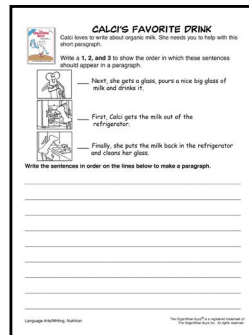
Calci M. Bone®



Read **My Favorite Drink in the World**

(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:



PIRATES OF THE CARROT AND BEAN INVADERS.MP4



GAME SHOW HEALTHY SNACKING.MP4



CALCI YUM YUM YUM.MP4

MUSIC/ARTS
16 songs with lyrics/12 drawing videos

Note: To include more handwashing content information into this lesson, you can add/replace one of the above videos with this **Wash Your Hands Song**.



WASH YOUR HANDS.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

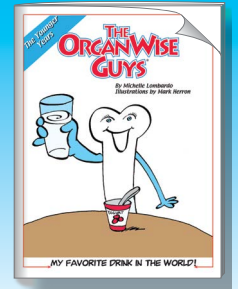
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



My Favorite Drink in the World 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:

Calcium, bone health, calcium-rich foods/milk, breakfast, healthy lunch, high-fiber foods, healthy snacking, physical activity, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To teach the importance of calcium/calcium-rich foods for bone health
- To emphasize choosing healthy, calcium-rich foods for meals and snacks
- To inform the children of the number of bones in their body
- To discuss how all forms of physical activity strengthen your bones

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce the habit of drinking milk while practicing sentence order
- To encourage creativity by designing an informative milk carton

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To share ideas on how to make a nutritious lunch
- To provide examples of bone-healthy snacks
- To share ideas and examples of how to incorporate calcium-rich foods into your day
- To emphasize the importance of handwashing

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:

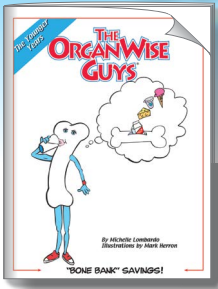
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

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)



Calci M. Bone®



Read **Bone Bank Savings**

(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:

BONE HEALTHY GRAPH
Calci asked students what their favorite "bone healthy, calcium-rich" food was. She colored in the graph for each of their answers. Read the graph she made. Answer the questions.

Favorite bone-healthy food!

7				
6				
5				
4				
3				
2				
1				

organic milk
 organic cheese
 greek yogurt
 frozen yogurt

- Which item was chosen as the favorite?
- How many students like frozen yogurt best?
- How many total students did Calci ask?
- How many students liked organic cheese and Greek yogurt in total?
- Which is your favorite item?
- Color in the correct box on the graph to add your favorite to the total.

MathMatters Nutrition

BONE HEALTHY SPENDING
Calci M. Bone has saved up some money for a "bone-healthy" shopping trip. Below is the money she is bringing with her to the store. Help her choose which items she should buy.

\$1.00 \$1.00 25¢ 25¢

- How much money does Calci have to spend? _____
- List the foods you would buy if you had to help her spend ALL of this money.

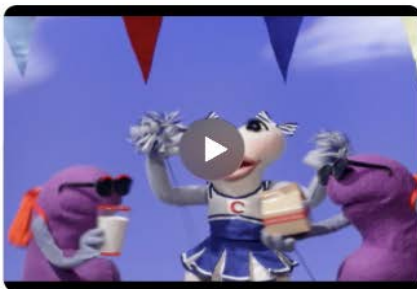
Food Item:	Price:
_____	_____
_____	_____
_____	_____
_____	_____
Total: _____	

organic milk 50¢
 organic cheese \$1.00
 frozen yogurt \$1.00
 strawberry greek yogurt 25¢
 banana greek yogurt 25¢
 veggie pizza \$1.00

Draw the items you chose in Calci's Bone Bank below.

MathMatters Nutrition

Watch the 3 short companion videos:



CALCIUM CHEER.MP4



HEALTH TREK CALCIUM.MP4



KEEP IT COOL.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

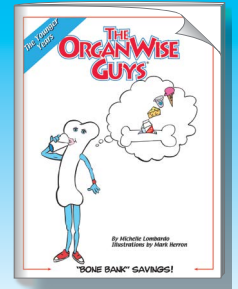
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



Bone Bank Savings 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:

Calcium-rich foods – dairy and leafy greens, milk, bone health, food safety, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To convey the importance of saving
- To present the concept of allowance/budgeting
- To describe how calcium-rich foods and beverages make bones strong
- To demonstrate that some vegetables also contain calcium

Activity Sheets - Lesson Objectives/Key Concepts:

- To graph bone-healthy foods
- To reinforce calcium-rich foods while doing a math problem

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To spell 'calcium' and show examples of calcium-rich items
- To show foods that are high in calcium and how they help your bones
- To demonstrate the importance of keeping cold foods cold so they don't spoil

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:

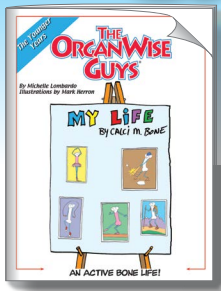
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

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)



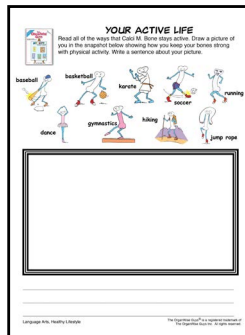
Calci M. Bone®



Read **An Active Bone Life**

(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.)

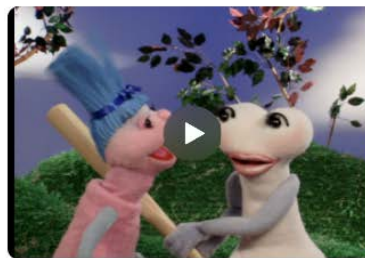
Complete the following activity page:



Watch the 3 short companion videos:



KEEP YOUR BONES MOVING.MP4



ATTITUDE-BASEBALL.MP4



STICKING TO EXERCISE.MP4

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

Note: To include actual **exercise** into the lesson, you can add/replace one of the above videos with this **OrganWise Cadence Short**.



ORGANWISE CADENCE.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

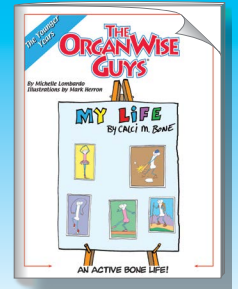
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



An Active Bone Life 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:

Breakfast, calcium-rich foods, teeth brushing, sunshine for bone health, physical activity, healthy snacking, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To emphasize the importance of eating a calcium-rich breakfast
- To remind children to brush their teeth after eating
- To remind children to breathe deeply to calm nervousness
- To highlight the variety of fun physical activities that promote bone health
- To explain the importance of sunshine for bone health

Activity Sheet - Lesson Objective/Key Concept:

- To recall the physical activities mentioned in the story and have children share their favorites

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To remind kids to keep their bones moving with physical activity
- To highlight that a good attitude is the most important thing you bring to everything you do
- To encourage children to stick to exercise by finding fun ways to keep track of it
- To emphasize the importance of The OrganWise Guys healthy rules through song and movement

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:

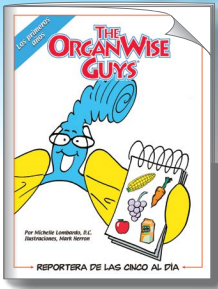
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

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)



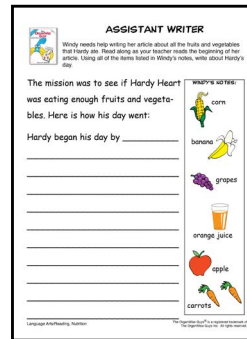
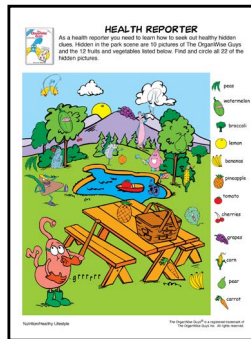
Windy® (the lungs)



Read **Five a Day Reporter**

(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:



ODE TO FRESH AIR.MP4



HARDY WATCHES HIS WEIGHT.MP4



GIMME FIVE.MP4

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

Note: Eating high-fiber fruits and veggies makes Peri's job easier in the bathroom!. To add **handwashing** to this lesson, you can add/replace one of the above videos with this **Wash Your Hands After Bathroom Short**.



WASH YOUR HANDS AFTER BATHROOM-.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

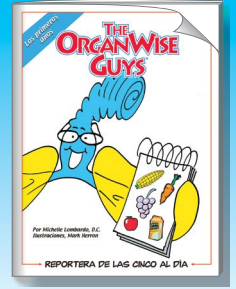
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



Five a Day Reporter 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:

Fruits, vegetables, vitamins, healthy snacking, fresh air, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To reinforce the importance of eating at least five fruits and vegetables each day
- To remind children that fruits and vegetables contain vitamins
- To list examples of fruits and vegetables that can be found in meals and snacks

Activity Sheets - Lesson Objectives/Key Concepts:

- To show examples of fruits and vegetables for children to find in a 'Where's Waldo' search
- To recount the story's details by writing an article

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To share a poem about the benefits of fresh air
- To encourage healthy food choice habits
- To display the large array of healthy fruits and vegetables to choose from
- To reinforce the importance of handwashing after using the restroom

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)