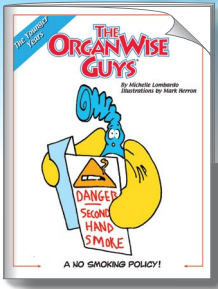




Windy® (the lungs)

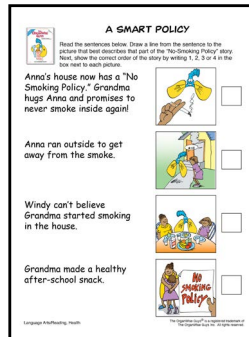


(Use this link to access all content.)

Read **A No Smoking Policy**

(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 BURIED TREASURE.MP4



STRESS-O-METER.MP4



HONESTY.MP4

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

Note: To emphasize the importance of **healthy snacking**, 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

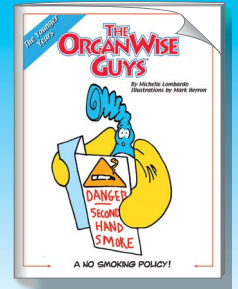
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



A No Smoking Policy 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:

Fresh air, lung health, healthy snacking, fruits, milk, physical activity, high-fiber fruits and vegetables, stress reduction, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To demonstrate compassion toward others
- To show the impact of indoor smoking/secondhand smoke
- To explain the term 'policy'
- To demonstrate the concept of being proactive in a positive way

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce concepts taught in the story
- To encourage children to write an encouraging letter to a loved one

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To remind children to choose high-fiber fruits and vegetables
- To encourage children to breathe deeply and exercise to reduce stress and worry
- To remind children that honesty is always the best policy
- To emphasize the importance of choosing healthy snacks

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)