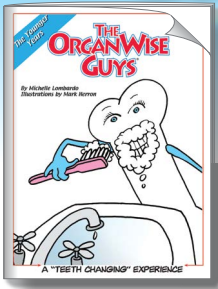




Calci M. Bone®



(Use this link to access all content.)

Read **A Teeth Changing Experience**

(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 TEETH LESSON
Listen to the story "A Teeth Changing Experience." Write about your favorite part of the book and tell why you like it so much. Then draw and color a small illustration of that part in the circle below. Answer the question.

My favorite part!

What lesson did you learn from this story?

Language Arts, Healthy Lifestyle

YOU BE THE ASSISTANT
Pretend you are a dental assistant. Below is the inside of your patient's mouth who forgot to brush his teeth. He needs your help. Design the toothbrush below for him. Make it colorful so he will want to use it a lot. Write directions telling your patient what needs to be done to keep his mouth healthy. Use the key words below in your prescription.

Key words
brush
morning
night
teeth
clean

Healthy teeth prescription
Be sure to...

Language Arts, Healthy Lifestyle

Watch the 3 short companion videos:



GRANDMA BONE.MP4



DO YOUR HOMEWORK.MP4



WASH YOUR HANDS BEFORE YOU EAT.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

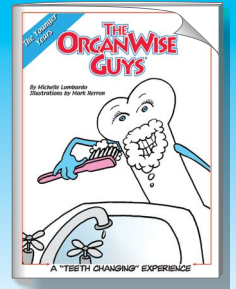
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



A Teeth Changing Experience 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:

Teeth brushing, calcium-rich foods, healthy snacking, dentures, physical activity, bone health, hand-washing, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To emphasize the importance of brushing your teeth at least twice a day
- To suggest calcium-rich snacks
- To demonstrate the importance of being respectful to others

Activity Sheets - Lesson Objectives/Key Concepts:

- To reiterate a lesson taught in this story
- To reinforce the importance of brushing teeth twice a day by pretending to be a dentist

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To demonstrate that exercise and calcium-rich foods can build healthy bones for a lifetime
- To present a poem on the importance of doing homework regularly
- To remind children to always wash their hands 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)