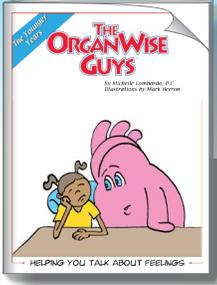




Hardy Heart®



(Use this link to access all content.)

Read **Helping You Talk About Your Feelings**

(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 FEELING HEART**

Using a crayon, trace over the feeling that Hardy is having next to each picture. Then write it again on your own. Color both pictures of Hardy. Color his arteries the correct color. They are labeled for you. Next, using your best cutting skills, cut them out. You will need to use these cut out pictures of Hardy on the next two pages.

sad

happy

**FEELING SAD**

Using the sad picture of Hardy Heart you colored and cut out from previous page, glue or tape him in the body where the heart is located. Then draw a picture of your face during a time when you were sad. Write the word sad. You may wish to share with the class what types of things make you feel sad.

**FEELING HAPPY**

Now glue or tape the happy picture of Hardy Heart in the body where the heart is located. Then draw a picture of your face during a time when you were happy. Write the word happy. Share with the class what types of things make you feel happy.

Watch the 3 short companion videos:



AFRAID OF THE STORM.MP4



ATTITUDE-BASEBALL.MP4



NIGHTMARES.MP4

If time allows . . .

**WISERCISE**  
Math/spelling desk-side physical activity

**WARM-UP VIDEOS**

Watch **Move It**



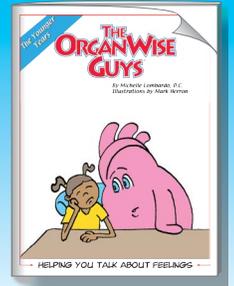
MOVE IT!.MP4

To add physical activity using music, movement, healthy messaging and FUN, include a **Warm-up Video** on the WISERCISE LEVEL.

[digital.organwiseguys.com/wisercise/warm-up-videos](http://digital.organwiseguys.com/wisercise/warm-up-videos)



# Helping You Talk About Your Feelings 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:**

Deep breathing for stress release, emotional health, healthy foods, high fiber, lots of water, exercise

## **Storybook - Lesson Objectives/Key Concepts:**

- To introduce some of the OrganWise Guys characters/organs
- To encourage children to be observant of their peer's emotional state
- To remind children to talk to a trusted adult if they sense a friend is struggling
- To encourage children to talk to a trusted adult if they are struggling
- To share a simple song to the tune of 'Take Me Out to the Ballgame,' to remind kids to talk it out

## **Activity Sheets - Lesson Objectives/Key Concepts:**

- To show how your heart looks when it's happy and sad
- To encourage children to share a time they were sad
- To encourage children to share a time they were happy

## **Short Videos/Songs - Lesson Objectives/Key Concepts:**

- To reiterate the healthy OrganWise rules – healthy foods, high-fiber, water, and exercise
- To encourage children to talk about the things that scare them, like thunderstorms
- To remind children that a good attitude is the most important thing
- To reiterate how valuable it is to talk to someone when you are scared, like having a nightmare

## **WISERCISE – Lesson Objectives/Key Concepts:**

- To incorporate physical activity into today's lesson

## **Materials Needed/Suggested:**

- Access to the digital platform
- Print out activity sheets if you don't have activity books
- Emotions activity book (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)