



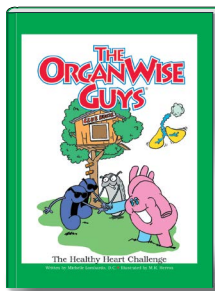
Hardy Heart®

digital.organwiseguys.com/book/the-healthy-heart-challenge

(Use this link to access all content.)



In this first lesson, introduce all of The OrganWise Guys characters in the storybook. [Click here to view/download the Meet The OrganWise Guys page for you to use as a guide.](#) If you have an OrganWise doll and/or beanies, you can incorporate the beanies into the introductions as you read the story.

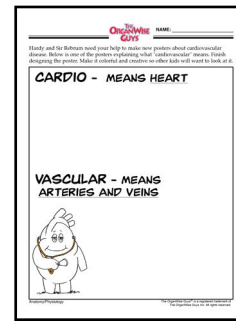
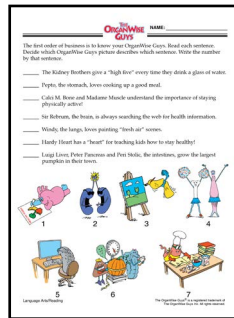


Read **The Healthy Heart Challenge pages 1 - 12**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.



Complete the following activity pages (preferably during the lesson, but can also be administered by the classroom teacher):



Watch this short companion video found below the activity sheets in this lesson:



PIRATES OF THE CARROT AND BEAN INVADERS.MP4

MUSIC/ARTS
16 songs with lyrics/12 drawing videos

To help all of your OrganWise Guys, be sure to always wash your hands before eating. To emphasize this habit, watch **Wash Your Hands** song.



WASH YOUR HANDS.MP4

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

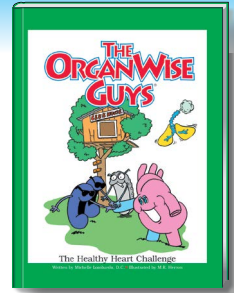
Discuss this month's Food of the Month items. Print copies of the activity sheets (2) and the monthly newsletter for students to take home. Use your Foods of the Month posters if you have them. It is always a great addition to do a food tasting - kids love it!



The Healthy Heart Challenge - 6 Session Lesson Plan **Lesson 1**

digital.organwiseguys.com/book/basic-training-for-better-health

(Use this link to access all content.)



Below are details for **Lesson 1** of the 6-session The Healthy Heart Challenge content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Cardiovascular disease, stroke, handwashing, healthy meal choices, fruits, vegetables, physical activity, water/hydration, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To introduce The OrganWise Guys characters/names
- To provide additional information about/function of each organ
- To address the meaning of cardiovascular disease and stroke

Activity Sheets - Lesson Objectives/Key Concepts:

- To highlight the healthy habits that benefit each OrganWise Guy
- To reinforce the word/meaning of cardio
- To reinforce the word/meaning of vascular

Short Videos - Lesson Objectives/Key Concepts:

- To highlight healthy choices for dinner
- To emphasize the importance of handwashing

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice grade-level-specific spelling words 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

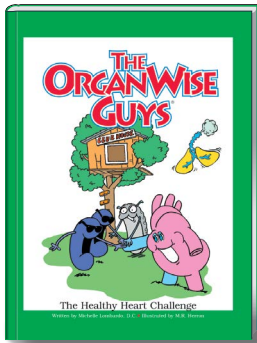
Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets, if you don't have activity books
- The Healthy Heart Challenge 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)



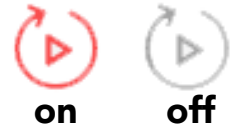
Hardy Heart®

digital.organwiseguys.com/book/the-healthy-heart-challenge

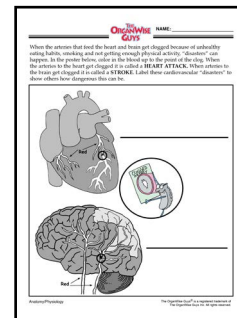
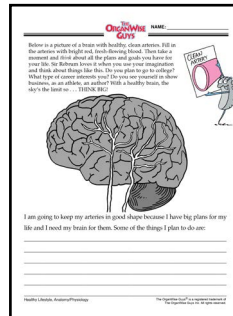
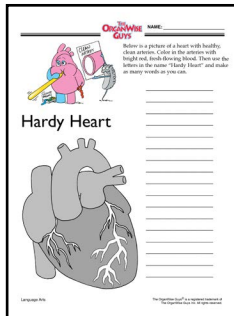


Reintroduce the characters using the Meet the OrganWise Guys sheet from lesson 1. If you have the beanies, hold up each one and have the kids call out their name. Turn off the sound button and quickly flip through the pages from previous lesson giving a short narrative as a recap. Turn the sound button back on to have Hardy Heart continue the story for today's lesson.

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.



Complete the following activity pages (preferably during the lesson, but can also be administered by the classroom teacher):



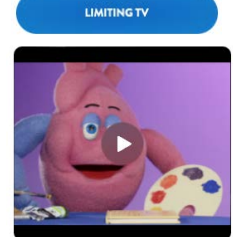
Watch this short companion video found below the activity sheets in this lesson:



STICKING TO EXERCISE.MP4

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

To help students reduce screen time, watch **Limit Your TV-Games** for some helpful tips.



LIMIT YOUR TV-GAMES.MP4

If time allows ...

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the specific daily march or a fun movement song). Then choose **Spelling** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos

SPIN THE WHEEL-O-HEALTH!

Spelling - Choose the appropriate grade level spelling list and the Wheel-o-Health will start automatically. Have the class recite each word aloud as it appears and then get moving while spelling it!

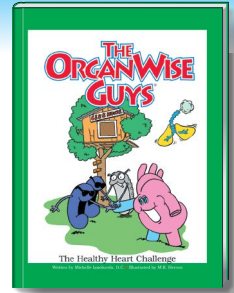
FOODS OF THE MONTH
Year-round activities and newsletters

Discuss this month's Food of the Month items. Print copies of the activity sheets (2) and the monthly newsletter for students to take home. Use your Foods of the Month posters if you have them. It is always a great addition to do a food tasting - kids love it!



The Healthy Heart Challenge - 6 Session Lesson Plan **Lesson 2**

digital.organwiseguys.com/book/basic-training-for-better-health



Below are details for **Lesson 2** of the 6-session The Healthy Heart Challenge content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Cardiovascular disease, stroke, arteries, veins, physical activity, reduce screen time, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To re-introduce The OrganWise Guys characters
- To give an example of how CVD impacts families
- To provide a visual explanation of the appearance and function of a healthy artery
- To provide a visual explanation of the appearance and cause of an unhealthy artery
- To provide a visual explanation of what a heart attack is
- To provide a visual explanation of what a stroke is

Activity Sheets - Lesson Objectives/Key Concepts:

- To show what clean, healthy heart arteries look like
- To show what clean, healthy brain arteries look like
- To show how clogged arteries can cause a heart attack/stroke

Short Videos - Lesson Objectives/Key Concepts:

- To provide tips to help children exercise regularly
- To provide tips to help children reduce their screen/TV/gaming time

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice grade-level-specific spelling words while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

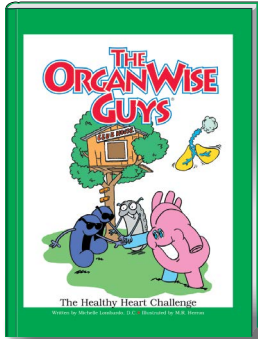
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets, if you don't have activity books
- The Healthy Heart Challenge 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)



digital.organwiseguys.com/book/the-healthy-heart-challenge



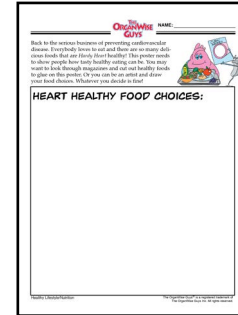
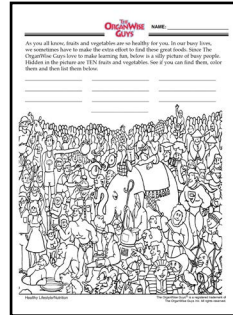
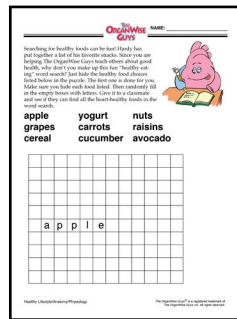
Starting on page 16 - 20, re-read and review the concepts of cardiovascular disease and artery health. Then continue with the new content beginning on page 21.

Read **The Healthy Heart Challenge pages 16 - 23**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.



Complete the following activity pages (preferably during the lesson, but can also be administered by the classroom teacher):



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

HEALTHY SNACKS & PORTIONS

MUSIC/ARTS
16 songs with lyrics/12 drawing videos

To add healthy snacking to your lesson, watch this short video: **Pirates of the Carribean Healthy Snacks**



PIRATES OF THE CARROT AND BEAN HEALTHY SNACKS.MP4

Watch this fun rap about eating fruits and vegetables: **Gimme Five Song**



GIMME FIVE.MP4

If time allows ...

WISERCISE
Math/spelling desk-side physical activity

SPELLING LIST

apple
yogurt
nuts
grapes

FOODS OF THE MONTH
Year-round activities and newsletters

To start, choose a **Warm-up Video** (either the specific daily march or a fun movement song). Then choose **Spelling** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos

Spelling - Choose the appropriate grade level spelling list and the Wheel-o-Health will start automatically. Or you can copy and paste the following list into the Spelling List template: **apple yogurt nuts grapes carrots raisins cereal cucumber avocado**

Then spin the wheel and have the class recite each word aloud as it appears and then get moving while spelling it!

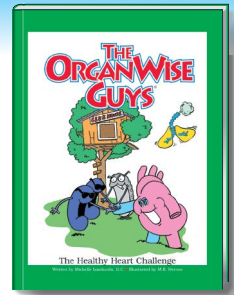


Discuss this month's Food of the Month items. Print copies of the activity sheets (2) and the monthly newsletter for students to take home. Use your Foods of the Month posters if you have them. It is always a great addition to do a food tasting - kids love it!



The Healthy Heart Challenge - 6 Session Lesson Plan **Lesson 3**

digital.organwiseguys.com/book/basic-training-for-better-health



Below are details for **Lesson 3** of the 6-session The Healthy Heart Challenge content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Arteries, veins, heart attack, stroke, good fats, heart-healthy foods, fruits, vegetables, healthy snacking, physical activity, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To re-introduce The OrganWise Guys characters
- To provide a visual explanation of the appearance and function of a healthy artery
- To provide a visual explanation of the appearance and cause of an unhealthy artery
- To provide a visual explanation of what a heart attack is
- To provide a visual explanation of what a stroke is
- To discuss the importance of choosing foods that keep arteries clean
- To discuss the importance of good fats and wholesome foods for healthy arteries

Activity Sheets - Lesson Objectives/Key Concepts:

- To provide examples of heart-healthy foods
- To highlight the importance of fruits and vegetables

Short Videos - Lesson Objectives/Key Concepts:

- To add healthy snacking ideas to the lesson
- To highlight the wide variety of fruits and vegetables and the importance of daily intake

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice spelling heart-healthy foods while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

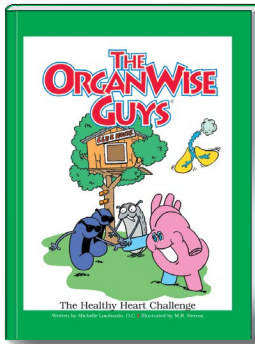
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets, if you don't have activity books
- The Healthy Heart Challenge 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)



digital.organwiseguys.com/book/the-healthy-heart-challenge



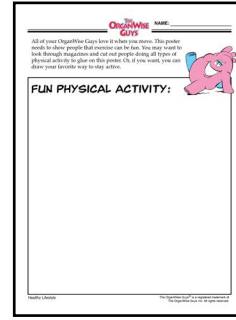
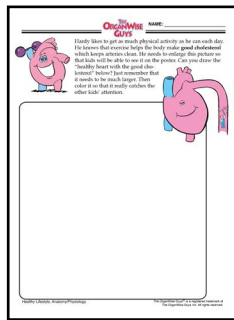
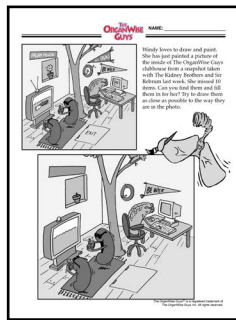
Turn off the sound button and quickly flip through the pages from previous lessons giving a short narrative as a recap. Turn the sound button back on to have Hardy Heart continue the story for today's lesson starting on page 22. This is a partial review.

Read **The Healthy Heart Challenge pages 22 - 24**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.



Complete the following activity pages (preferably during the lesson, but can also be administered by the classroom teacher):



MUSIC/ARTS
16 songs with lyrics/12 drawing videos

(Scroll to bottom of page)

DRAW THE ORGANWISE GUYS

To assist the students who want to include a picture of Hardy Heart on their activity sheet, watch **Drawing Hardy Heart** - pause and replay as needed. (Students can practice drawing on plain paper or use one of the activity sheets from this lesson.)



DRAWING HARDY HEART.MP4

If time allows ...

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the specific daily march or a fun movement song). Then choose **Spelling** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos

SPELLING LIST

Spelling - Choose the appropriate grade level spelling list and the Wheel-o-Health will start automatically. Or you can copy and paste the following list into the Spelling List template: **baked grilled broiled healthy fruits vegetables heart challenge water**

baked
grilled
broiled
healthy
fruits

Then spin the wheel and have the class recite each word aloud as it appears and then get moving while spelling it!

SPIN THE WHEEL-O-HEALTH!

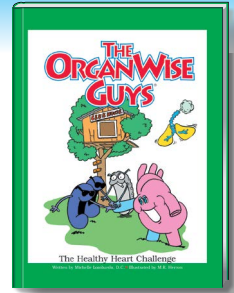
FOODS OF THE MONTH
Year-round activities and newsletters

Discuss this month's Food of the Month items. Print copies of the activity sheets (2) and the monthly newsletter for students to take home. Use your Foods of the Month posters if you have them. It is always a great addition to do a food tasting - kids love it!



The Healthy Heart Challenge - 6 Session Lesson Plan **Lesson 4**

digital.organwiseguys.com/book/basic-training-for-better-health



Below are details for **Lesson 4** of the 6-session The Healthy Heart Challenge content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Cholesterol, good fats, heart/brain-healthy foods, fruits, vegetables, physical activity, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To re-introduce The OrganWise Guys characters
- To discuss the importance of good fats and wholesome foods for healthy arteries
- To explain how physical activity produces good cholesterol to arteries clean

Activity Sheets - Lesson Objectives/Key Concepts:

- To emphasize the importance of physical activity and how it creates good cholesterol
- To encourage children to draw a picture of their favorite physical activity

Short Videos - Lesson Objectives/Key Concepts:

- To provide an opportunity to learn how to draw Hardy Heart
- To listen to Gimme 5 (song about fruits and vegetables) while drawing Hardy Heart

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice spelling heart/brain-healthy foods while doing a fun exercise

Foods of the Month - Lesson Objectives/Key Concepts:

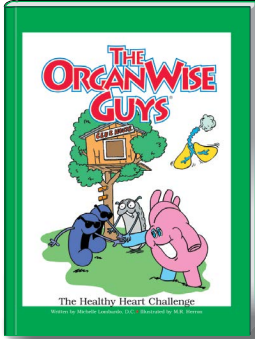
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets, if you don't have activity books
- The Healthy Heart Challenge 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)



digital.organwiseguys.com/book/the-healthy-heart-challenge



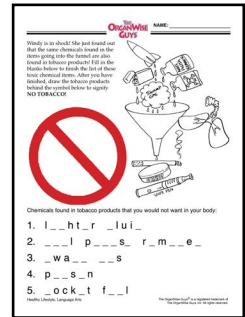
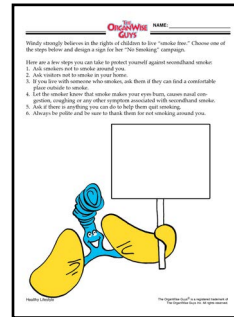
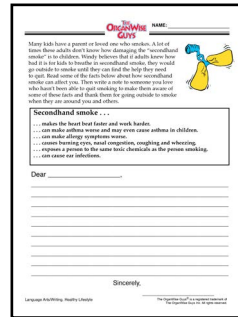
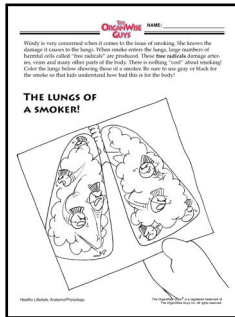
Turn off the sound button and quickly flip through the pages from previous lessons giving a short narrative as a recap. Turn the sound button back on to have Hardy Heart continue the story for today's lesson.

Read **The Healthy Heart Challenge pages 25 - 26**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.



Complete the following activity pages (preferably during the lesson, but can also be administered by the classroom teacher):



Watch this short companion video found below the activity sheets in this lesson:

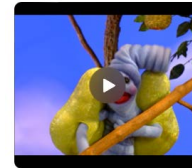


I LOVE FRESH AIR.MP4

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

FRESH AIR

Watch these two **Ode to Fresh Air** healthy poems about the importance of fresh air!



ODE TO FRESH AIR-SMOKE.MP4



ODE TO FRESH AIR.MP4

If time allows ...

WISERCISE
Math/spelling desk-side physical activity

SPELLING LIST

lung
health
breathe
air
cardio

FOODS OF THE MONTH
Year-round activities and newsletters

To start, choose a **Warm-up Video** (either the specific daily march or a fun movement song). Then choose **Spelling** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos

Spelling - Choose the appropriate grade level spelling list and the Wheel-o-Health will start automatically. Or you can copy and paste the following list into the Spelling List template: **lung health breathe air cardio outdoors fresh heart tobacco vaping asthma**

Then spin the wheel and have the class recite each word aloud as it appears and then get moving while spelling it!

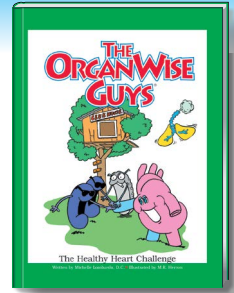
SPIN THE WHEEL-O-HEALTH!

Discuss this month's Food of the Month items. Print copies of the activity sheets (2) and the monthly newsletter for students to take home. Use your Foods of the Month posters if you have them. It is always a great addition to do a food tasting - kids love it!



The Healthy Heart Challenge - 6 Session Lesson Plan **Lesson 5**

digital.organwiseguys.com/book/basic-training-for-better-health



Below are details for **Lesson 5** of the 6-session The Healthy Heart Challenge content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Free radicals, arteries, veins, lung health, secondhand smoke, fresh air, smoking, physical activity, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To re-introduce The OrganWise Guys characters
- To show visually how smoking produces free radicals that damage arteries, veins and lungs
- To discuss the side effects of secondhand smoke
- To list the other harmful chemicals contained in both cigarettes and second-hand smoke
- To provide a visual of where The OrganWise Guys 'live' in the body

Activity Sheets - Lesson Objectives/Key Concepts:

- To highlight how smoking creates free radicals that damage arteries, veins, etc.
- To list the dangers of secondhand smoke
- To list the other chemicals found in tobacco products

Short Videos - Lesson Objectives/Key Concepts:

- To reinforce why fresh air is so important to the body
- To encourage children to avoid tobacco products

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice spelling words associated with healthy lungs 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

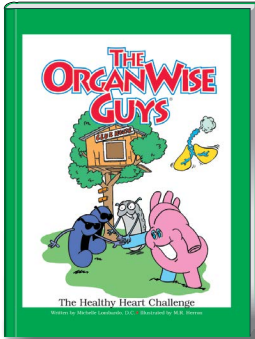
Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets, if you don't have activity books
- The Healthy Heart Challenge 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)



Hardy Heart®

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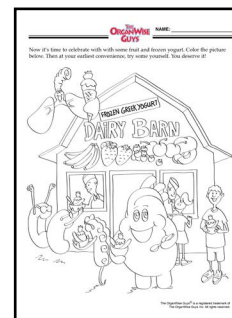
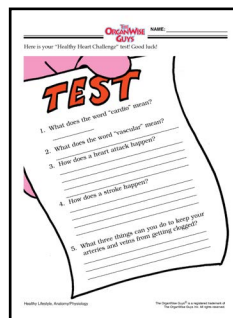
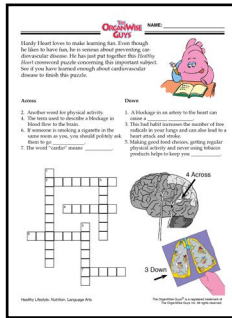
Turn off the sound button and quickly flip through the pages from previous lessons giving a short narrative as a recap. Turn the sound button back on to have Hardy Heart continue the story for today's lesson.

Read **The Healthy Heart Challenge pages 27 - 31**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.



Complete the following activity pages (*preferably during the lesson, but can also be administered by the classroom teacher*):



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

EXERCISE

LIMITING TV

To help kids get moving and reduce screen time, watch **OrganWise Cadence** and **Tame Your TV**.



ORGANWISE CADENCE.MP4



TAME YOUR TV.MP4

If time allows ...

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the specific daily march or a fun movement song). Then choose **Spelling** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos

SPELLING LIST

Spelling - Choose the appropriate grade level spelling list and the Wheel-o-Health will start automatically. Or you can copy and paste the following list into the Spelling List template: **baseball football soccer playing running basketball jumprope dancing**

- baseball
- football
- soccer
- playing
- running

Then spin the wheel and have the class recite each word aloud as it appears and then get moving while spelling it!

SPIN THE WHEEL-O-HEALTH!

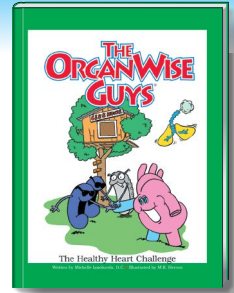
FOODS OF THE MONTH
Year-round activities and newsletters

Discuss this month's Food of the Month items. Print copies of the activity sheets (2) and the monthly newsletter for students to take home. Use your Foods of the Month posters if you have them. It is always a great addition to do a food tasting - kids love it!



The Healthy Heart Challenge - 6 Session Lesson Plan **Lesson 6**

digital.organwiseguys.com/book/basic-training-for-better-health



Below are details for **Lesson 6** of the 6-session The Healthy Heart Challenge content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Cardiovascular disease, stroke, arteries, veins, fruits, vegetables, water/hydration, physical activity, reduce screen time, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To introduce the children to The OrganWise Guys characters
- To test the children's knowledge of the words/concepts taught in The Healthy Heart Challenge
- To explain that the kidneys also get their blood supply from arteries

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce the vocabulary/lessons taught in this session

Short Videos - Lesson Objectives/Key Concepts:

- To get children moving with a fun cadence march
- To encourage children to limit their screen/TV time

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice spelling physical activity-related words 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
- The Healthy Heart Challenge 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)