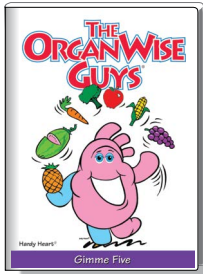
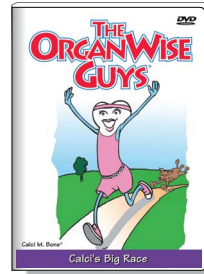


These educational and entertaining videos target children with positive, health-related behavior habits. Each episode ends with a short exercise song that encourages children to get up and move! Have Friday OrganWise Matinees as a great way to end a healthy school week or use anytime a dose of wholesome entertainment is desired! Note: All of this content is available on the Digital Platform. For each video, see **Key Concepts** highlighted in RED in their description.



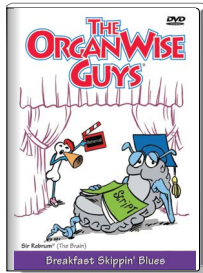
GIMME FIVE

The importance of **eating plenty of fruits and vegetables** each day is introduced.
(15:10 Minutes)



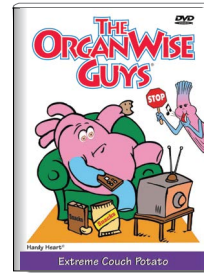
CALCI'S BIG RACE

Calci learns that **eating calcium-rich foods and getting plenty of physical activity** will help her make it to the finish line.
(14:31 Minutes)



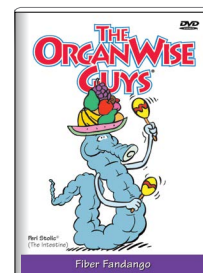
BREAKFAST SKIPPIN' BLUES

Sir Rebrum is having a hard time remembering his lines in a school play. Can you guess what he forgot to do that morning? (**importance of breakfast**)
(16:24 Minutes)



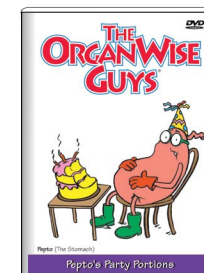
EXTREME COUCH POTATO

Hardy learns an important lesson about **turning off the television, healthy snacking and getting outside to play**.
(14:18 Minutes)



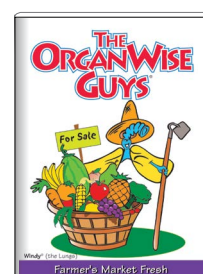
FIBER FANDANGO

Peri Stolic, the intestine, reads a "scary" story called, *The Boy Who Didn't Eat Enough Fiber*.
(15:35 Minutes)
(**eating high-fiber foods/ fruits / vegetables**)



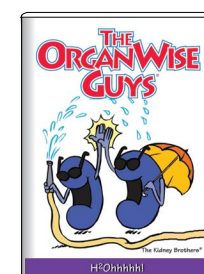
PEPTO'S PARTY PORTIONS

Learn all about **healthy portions and hand washing** by attending a surprise party for Pepto!
(17:18 Minutes)



FARMER'S MARKET FRESH

Windy discovers the **importance of eating a variety of fresh fruits and veggies!**
(17:59 Minutes)



H₂O hhhhh!

The Kidney Brothers clearly show how much **they love everything about water . . . especially drinking it!**
(20:21 Minutes)