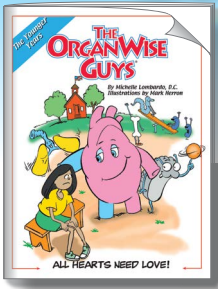




Hardy Heart®

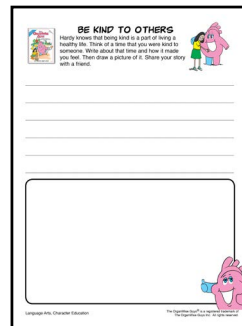
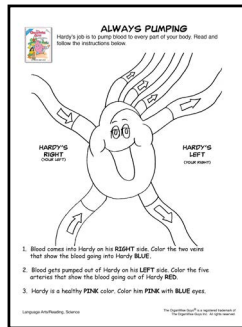


(Use this link to access all content.)

Read **All Hearts Need Love**

(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:



FRIENDSHIP.MP4



WHAT GETS YOU PUMPED.MP4



WISERCISE THE SMART WAY TO EXERCISE.MP4

MUSIC/ARTS
16 songs with lyrics/12 drawing videos

Note: To add a fun anatomy lesson, you can add/replace one of the above videos with this **MUSCLE** Song.



MUSCLE.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

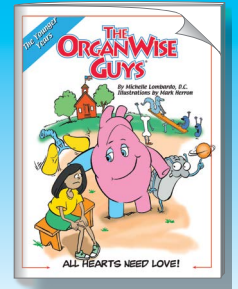
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



All Hearts Need Love 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:

Heart anatomy/health, arteries, veins, physical activity, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To illustrate the function of the heart
- To demonstrate how exercise is good for your heart 'muscle'
- To have children participate in simple exercises so they can 'feel' their heart pumping
- To demonstrate compassion for new students
- To illustrate how we are all the same on the inside
- To show the importance of being kind to others

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce the lesson from the story of how blood flows to/from the heart
- To remind children of the importance of being kind to others and how good that makes them feel

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To share a poem on the joy of friendship
- To remind children that physical activity is not only fun but is also great for your heart
- To encourage children to be physically active while learning/studying for added benefit
- To emphasize the importance of exercise

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)