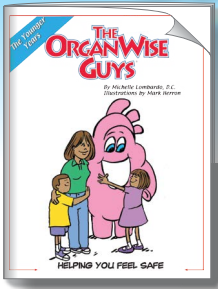




Hardy Heart®



(Use this link to access all content.)

Read **Helping You Feel Safe**

(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:

FEELING SAFE AGAIN
 Hardy knows that we all feel scared sometimes. Think of a time that you were scared. Now think about what you did or who you talked to that made you feel safe again. Finish the sentence and then draw a picture of what makes you feel safe. Color the picture frame your favorite color. Your teacher may walk around the room and ask you to share your story.

I feel safe when _____

Language Arts/Emotions

MAKING NEW FRIENDS
 The OrganWise Guys know that it can be scary to make new friends. Hardy wants to help make it easier! Pair up with the person sitting nearest to you (one group can have three, if necessary). You will each take a turn and ask each other the following questions. Write down the answers. Then draw a picture of you and your new friend playing that favorite game together. When finished, you can present your picture together to the group.

What is your name? _____

How old are you? _____

What is your favorite game to play? _____

Language Arts Skills

Watch the 3 short companion videos:



EXERCISE INSIDE CALCI SIR REBRUM.MP4



FRIENDSHIP.MP4



CARING FOR ANIMALS.MP4

If time allows . . .

WISERCISE
 Math/spelling desk-side physical activity

WARM-UP VIDEOS

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

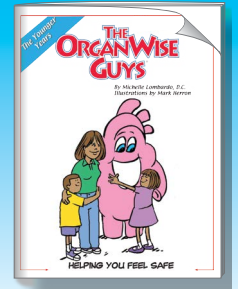
Watch **That's How Your Exercise**



THATS HOW YOU EXERCISE.MP4



Helping You Feel Safe 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:

How feelings affect physiology (organs), emotional health, physical activity, deep breathing/stress-reducing techniques, fresh air

Storybook - Lesson Objectives/Key Concepts:

- To introduce some of the OrganWise Guys characters/organs
- To encourage children to set a high goal/vision for their future
- To acknowledge that we all feel scared sometimes
- To describe how the OrganWise Guys/organs react to being scared
- To acknowledge the range of situations that cause children to feel scared/unsafe
- To show how physical activity can help one feel better/release stress
- To demonstrate how deep breathing can help one feel better/release stress
- To demonstrate muscle relaxation techniques
- To share a simple song to remind children they are safe and loved

Activity Sheets - Lesson Objectives/Key Concepts:

- To encourage healthy reactions to scary situations by taking positive action or talking to someone
- To keep the session light-hearted by having children work together and share their favorite games

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To encourage indoor physical activity when the weather is bad outside
- To share a poem about the joy of friendship
- To remind children of the importance of exercise and fresh air

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)