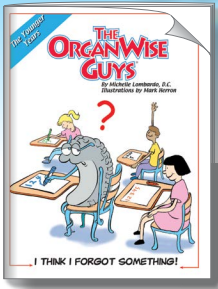




Sir Rebrum®



(Use this link to access all content.)

Read ***I Think I Forgot Something***

(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:

BREAKFAST SENTENCES

Sir Rebrum sure hopes you ate breakfast today. Now it's time for you to use your brain. Read together as a class or have students read each sentence.

Write a ? at the end if it is a hobby sentence.
Write a ? at the end if it is an asking sentence.

- Milk is healthy for your bones.
- Did you have milk with your breakfast?
- Have you ever had chocolate milk?
- Eggs come from chickens.
- Have you ever seen a real chicken?
- What color is the yolk of an egg?
- What is your favorite fruit?
- Monkeys like bananas.
- Orange juice is a healthy drink.
- Sir Rebrum will never skip breakfast again.
- Did you ever miss breakfast?
- Breakfast is the most important meal of the day.
- What is your favorite cereal?

Write an asking sentence about breakfast. Give it to a friend to answer.

HEALTHY MATH

After Sir Rebrum eats a good breakfast, he never brings math. Read the story problem. Use the pictures to help you get the correct answer. Sir Rebrum has helped you on the first one.

Sir Rebrum had 7 eggs. He made a good breakfast and ate 2 of the eggs. How many eggs were left?

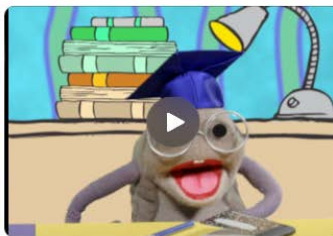
Sir Rebrum had 6 bananas. He gave 4 of them away to his friends for part of their breakfast. How many did he have left?

Sir Rebrum helped serve breakfast in the school cafeteria. He started out with 10 cartons of organic milk. He handed out 5 of them during breakfast. How many did he have left?

Watch the 3 short companion videos:



UPSIDE DOWN BREAKFAST.MP4



TEST TAKING POEM.MP4



PIRATES OF THE CARROT AND BEAN INVADE BREAKFAST.MP4

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

Note: Always be sure to wash your hands before you eat! To include handwashing information in this lesson, you can add/replace one of the above videos with this **Wash Your Hands Before You Eat Short**.



WASH YOUR HANDS BEFORE YOU EAT.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

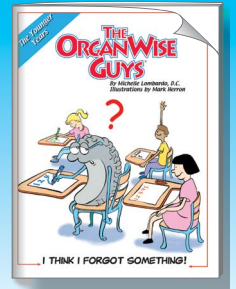
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



I Think I Forgot Something 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:

Physical activity, breakfast, teeth brushing, fruit, whole grain foods, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To encourage the habit of starting each day with gratitude
- To encourage the habit of exercise each morning to get the body/brain going
- To remind children to brush their teeth every day
- To demonstrate the benefit of eating breakfast each day

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce the habit of a healthy breakfast while practicing punctuation
- To highlight healthy breakfast choices while solving story/math problems

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To remind children to start their day out right with breakfast
- To share a poem on tips for successful test-taking
- To share suggestions for making breakfast healthier
- To highlight the importance of handwashing before eating

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)