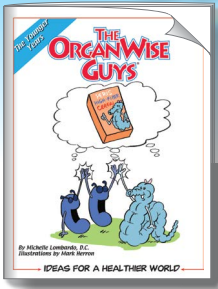




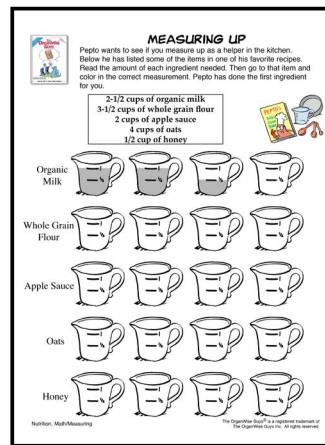
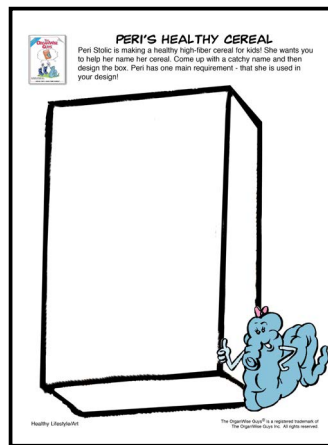
(Use this link to access all content.)



Read **Ideas for a Healthy World**

(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:



STANDING UP-FOR PE.MP4



HARDY SPELLS BREAKFAST.MP4



IT'S MY JOB.MP4

If time allows . . .

FOODS OF THE MONTH
Year-round activities and newsletters

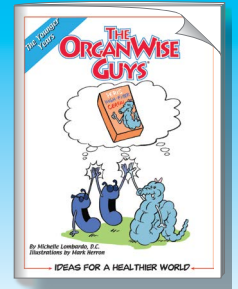
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



Ideas for a Healthy World 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:

Bone health, calcium-rich foods, physical activity, heart health, breakfast, handwashing, fresh air, portion sizes, water/hydration, high-fiber foods, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To discuss bone health
- To discuss heart health
- To remind children to fuel up their brains with breakfast and good thoughts
- To reinforce the need for physical activity and fresh air
- To highlight the need for high-fiber foods and water for the elimination system
- To encourage creative brainstorming
- To demonstrate the synergy of group work

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce the need to eat plenty of fiber with a catchy design
- To present a healthy recipe while practicing measuring skills

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To encourage children to advocate for PE class
- To reinforce the importance of eating breakfast while spelling the word
- To teach the process of elimination with a fun song

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
- 2nd 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)