

## LESSON TITLE: *Click on your Sir Rebrum*

**Grade Level:** PreK/Kindergarten

**Delivery Mode:** Classroom

**Time Allotted:** 20 minutes

**# Of Participants:** Class size: 10-30

**Life Skill:** Understanding that a healthy breakfast is vital for success in the classroom

**Character Focus:** Self-responsibility, decision-making

**Integrated Curriculum Concepts\*:**

- Nutrition: Differentiating between healthy and unhealthy food and activity choices
- Language Arts: Active listening, responding
- Health Science: Making healthy decisions that enable the brain to function properly
- Social Studies: Developing self-help skills

**Key Concepts:**

- Importance of physical activity
- Making healthy food choices
- Drinking plenty of water

**What you need for the Lesson:**

- *Click on your Sir Rebrum* book
- OrganWise Guy/Gal (*optional: for follow up activities*)
- Heart to Start Companion Activity Book or download Activities Sheets found beneath the book (*optional: for follow up activities*)

**Learning Activities:**

- Interactive Follow-up Activities with OrganWise Guy/Gal (*optional*)
- Heart to Start Companion Activity Book or download the Activities Sheets found beneath the book (*optional: for follow up activities*)
- Videos found beneath the Activity Sheets

**Getting Ready:**

- Read and familiarize yourself with the book.
- Read instructions for follow up activities listed below the lesson plan.

**Note to Helper:**

- The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be.
- Depending on group size, you may wish to have them gather around in a reading area as you read aloud and show illustrations.

\* Reminder to check out state specific curriculum standards for this story and all OrganWise Guys materials at <https://organwiseguys.com/curriculum/>

**Lesson Plan:**

<b>What you Say:</b>	<b>What you Do:</b>	<b>What Participants Do:</b>
Today we are going to learn some lessons from Sir Rebrum that just may help you on a test one day! Listen closely, as I may ask some questions about the book.	Start reading book (with ENTHUSIASM!) Prepare to approach the parts in the book where the kids will interact.	Sit quietly and listen until interactive parts of book.
What part of your body is your Sir Rebrum? (ANSWER: the brain)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Why was Sid Kidney so upset after school? (ANSWER: He did not do well on a test.)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Is watching television a physical activity? (ANSWER: NO)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
What should you drink after exercising or playing outside? (ANSWER: water)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Should you eat birthday cake for breakfast? (ANSWER: NO)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
What did Sid forget to do before going to school in the morning? (ANSWER: Click on his Sir Rebrum/Eat a healthy breakfast)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Did Sid get all the answers correct on his second test? (ANSWER: YES)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Why did Sid get all the answers correct this time? What did Sir Rebrum give him? (ANSWER: A bowl of Raisin Bran)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
How many of you clicked on your Sir Rebrum this morning by eating a healthy breakfast?	Give very positive feedback for those who have their hand raised.	

### ***Optional Follow-up Activities:***

- Use pgs. 19, 20, & 21 in companion activity book (*if using companion activity books*) or download Activities Sheets found beneath the book.
- Watch *Breakfast Skippin' Blues* found in the Bonus Videos section. It is a great way to finish up this lesson. (The video is approximately 16 minutes in length.)
- OrganWise Guy/Gal

### ***Interactive Follow-up Activities with OrganWise Guy/Gal:***

**Activity #1:** **Instructions:** Following the lesson, have the students sit in a circle. Use Sir Rebrum from inside OrganWise Guy/Gal for this activity. Toss Sir Rebrum to one of the students in the circle and have them list an item from the sample questions below. Have students give a thumbs-up when a healthy item is listed. (Teacher may need to encourage student to “try again” until a healthy item is listed.) Next, have the student toss Sir Rebrum to another student in the circle to answer the same question. Continue in the same manner until several students have had a chance to answer a question. **What you say:**

Sir Rebrum really hopes that you understand how important it is to start the day off by clicking on your Sir Rebrum; in other words, by eating breakfast! Answer the question below. Everyone should then give a thumbs-up when a healthy choice is listed.

### ***Sample Questions:***

- Name a healthy breakfast food that clicks on your Sir Rebrum.
- Name a healthy snack you could eat that will keep your Sir Rebrum clicked on.
- Name a healthy lunch item that will keep your Sir Rebrum clicked on.
- Name a breakfast item you plan to eat soon to click on your Sir Rebrum.
- Exercise is also good for Sir Rebrum. Name a fun outside activity you like to do.

**Activity #2:** **Instructions:** Following the lesson, have the students sit in a circle. Take Sir Rebrum and The Kidney Brothers out of OrganWise Guy/Gal and have them seated near you. You will give 2 choices to the kids and they will have to select which one is a healthier choice. Each time they answer correctly, have them gently tap on their head to thank their Sir Rebrum for working properly! Go through as many questions as time permits. You can also come up with additional questions. **What you say:**

Just as Sid Kidney took a test at school, we are going to take our own test. Please raise your hand if you know the answer. If you get the answer correct, you should each gently tap on your head to let Sir Rebrum know that you care. Sample Questions:

### **Which is a healthier choice?**

- soda or water?
- playing video games or soccer?
- Raisin Bran cereal or a frosted tart?
- walking outside or watching TV?
- ice cream or frozen yogurt?
- carrot sticks or potato chips
- riding a bike or watching a movie?
- sugar-coated cereal or oatmeal?
- whole grain bread or white bread?
- cookies or apples?
- taking stairs or taking an elevator?
- green M&Ms or green beans