

LESSON TITLE: ***I Think I Forgot Something***

Recommended Grade Level: 1st Grade

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill: The importance of eating breakfast

Character Focus: Self-responsibility and thankfulness

Integrated Curriculum Concepts*:

- Language Arts: Active listening, responding, and following instructions
- Math: Counting
- Social Studies: Developing self-help skills

Key Concepts:

- The importance of eating breakfast daily
- Identifying healthy breakfast foods

What you need for the Lesson:

- *I Think I Forgot Something!* book
- Hardy Heart Educational Tool (from OrganWise Gal/Guy, *optional*)
- Companion Activity Book or download the Activities Sheets found beneath the book

Learning Activity:

- Companion Book Activities pgs. 9 and 10 or download the Activities Sheets found beneath the book

Getting Ready:

- Read and familiarize yourself with the book.

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

Lesson Plan:

| What you Say: | What you Do: | What Participants Do: |
|--|---|---|
| Today we are going to learn a very important lesson about starting a healthy day. Are you ready? Make sure you listen closely because I will be asking you some questions at the end of the book! | As you read the book (with ENTHUSIASM!), have the students follow along and actually do the activity while you count. For example, when Sir Rebrum jumps five times, have the students get up and jump as you count; when Sir Rebrum is discussing putting on his clothes, have the students act that out, etc. | Sit quietly and listen until interactive parts of book. |
| Read through entire book. | Encourage the kids to interact when they are supposed to. | Respond and participate as told by the teacher reading. |
| Once you have completed the book ... ‘Okay, I have a few questions for you all! Tomorrow when you wake up, think of five good things in your life just like Sir Rebrum does each day. Do you think you can come up with five? Who would like to share something good in their life right now?’ | Call on some kids to tell you about the good things in their lives. Tell them one good thing in your life as well, if you’d like to. | Respond and answer questions by raising hands. |
| What are some activities that Sir Rebrum does in the morning where he uses counting to make these things more fun? (ANSWERS: making bed, brushing teeth, jumping out of bed) | Call on kids to give the answers to the question. | Respond and answer questions by raising hands. |
| How many of you ate breakfast this morning? Raise your hand if you did. When I call on you, tell me what you ate and if you think it was a healthy choice. | Wait for them to raise hands. | Respond by raising hands. |

Optional Follow-up Activities:

- Use pgs. 9 and 10 in the Companion Activity Book or download the Activities Sheets found beneath the book.
- Watch *Breakfast Skippin’ Blues* found in Bonus Videos sections. (The video is approximately 17 minutes in length.)