

LESSON TITLE: *An Active Bone Life*

**Recommended Grade Level:** 1<sup>st</sup> Grade

**Delivery Mode:** Classroom

**Time Allotted:** 20 minutes

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

**Life Skill/General Health:** Learning the importance of physical activity/choosing calcium-rich foods for bone health

**Character Focus:** Developing self-confidence

**Integrated Curriculum Concepts\*:**

- Language Arts: Active listening, sharing experiences and information
- Science: Interdisciplinary learning activities involving daily life experiences
- Social Studies: Developing self-help skills

**Key Concepts:**

- Importance of a diet rich in calcium for bone health
- Importance of physical activity for bone health

**What you need for the Lesson:**

- *An Active Bone Life!* book
- Calci M. Bone Educational Tool (from OrganWise Gal/Guy, *optional*)
- Companion Activity Book or download the Activities Sheets found beneath the book

**Learning Activity:**

- Watch *Calci's Big Race* in the Bonus Video section.

**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:**

<b>What you Say:</b>	<b>What you Do:</b>	<b>What Participants Do:</b>
Good morning/afternoon everyone! Before we get started, I'd like to know if you all made sure you brushed your teeth this morning? Today we will be learning about another health habit for you to do to keep your bones healthy.	Sit Calci next to you and read the book. (WITH ENTHUSIASM!) Prepare to approach the parts in the book where the kids will interact. As you are reading, have the students actually try to guess the activity Calci is describing by raising their hand to be called on. Then show the enlarged picture of Calci doing that activity.	Sit quietly and listen until interactive parts of book.
What is your favorite "bone-healthy" activity?	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What activities do you plan to do to keep your bones strong?	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Have you ever had to speak in front of a group? Were you nervous?	Call on students who have raised their hands to answer the question. You may need to probe to see why they were speaking in front of a group.	Respond and answer questions by raising hands.
<p><b>Additional Nutrition Concepts:</b>            Can you name all of the calcium-rich foods that were on Calci M. Bone's favorite dress in the picture on page 6? (Show picture.)</p> <p>What are some of your favorite "calcium-rich" foods?</p> <p>What have you eaten today that has calcium in it?</p>	Call on students who have raised their hand to answer the question.	Should be actively involved in the activity.

**Optional Follow-up Activities:**

- Use page 21 in the Companion Activity Book or download Activity Sheet found beneath the book.
- Watch *Calci's Big Race* in the Bonus Video section. It is a great way to finish up this lesson. (The video is approximately 15 minutes in length.)