

LESSON TITLE: *Are you Germ-Wise?*

**Recommended Grade Level:** 2<sup>nd</sup> Grade

**Delivery Mode:** Classroom

**Time Allotted:** 20 minutes

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

**Life Skill:** The importance of hand washing and eliminating germs

**Character Focus:** Self-responsibility, self-discipline

**Integrated Curriculum Concepts\*:**

- Nutrition: How fruits and vegetables help fight off germs
- Language Arts: Active listening, following instructions
- Health Science: Good personal hygiene, what germs are, how to prevent them

**Key Concepts:**

- Washing hands before eating
- Making healthy food choices
- Importance of physical activity

**What you need for the Lesson:**

- *Are you Germ-Wise?* book
- Sir Rebrum beanie (from OrganWise Gal/Guy, *optional*)
- Companion Activity Book or download the Activities Sheets found beneath the book.

**Learning Activity:**

- Watch *Pepto's Party Portions* found in Bonus Videos sections.

**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:
<p>Today we are going to meet a new OrganWise Guy character named Sir Rebrum. Sir Rebrum is very smart but needs lots of energy from food to function properly. Listen closely, I may ask some questions about the book.</p>	<p>Hold up the Sir Rebrum character to the class and then sit him next to you as you read the book (WITH ENTHUSIASM!).</p>	<p>Sit quietly and listen until interactive parts of book.</p>
<p>Let's get started!</p>	<p>As you read the book, have the students follow along and answer any questions or interact if they are supposed to.</p>	<p>Sit quietly and listen until interactive parts of book.</p>
<p>What types of food can help fight off germs?  (ANSWER: fruits and vegetables)</p>	<p>Call on students who have raised their hands to answer the question.</p>	<p>Respond and answer questions by raising hands.</p>
<p>What else can you do to stay healthy?  (ANSWER: get fresh air and exercise)</p>	<p>Call on students who have raised their hands to answer the question.</p>	<p>Respond and answer questions by raising hands.</p>
<p>What should you always do after you use the restroom?  (ANSWER: wash your hands)</p>	<p>Call on students who have raised their hands to answer the question.</p>	<p>Respond and answer questions by raising hands.</p>
<p>What did Juan forget to use when washing his hands in the bathroom?  (Answer: soap)</p>	<p>Call on students who have raised their hands to answer the question.</p>	<p>Respond and answer questions by raising hands.</p>

**Optional Follow-up Activities:**

- Use pgs. 5 and 6 in the Companion Activity Book or download the Activities Sheets found beneath the book.
- Watch *Pepto's Party Portions* found in Bonus Videos sections. (The video is approximately 17 minutes in length.)