

LESSON TITLE: ***Keep Your Muscles Moving***

Recommended Grade Level: 2nd Grade

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill: Understanding that physical activity is a FUN, lifelong commitment

Character Focus: Self-responsibility

Integrated Curriculum Concepts*:

- Nutrition: Integrating the balanced MyPlate approach to healthy living
- Language Arts: Active listening, responding
- Health Science: Understanding that healthy, balanced meals give you energy to move
- 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:

- *Keep Your Muscles Moving* book
- Madame Muscle beanie (from OrganWise Gal/Guy, *optional*)
- Companion Activity Book 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 hear from Madame Muscle again! Listen closely because I am going to ask you some questions after the story.	As you read the book, have the students interact as appropriate. Sit Madame Muscle next to you while you read the book. (Be enthusiastic!)	Sit quietly and listen until interactive parts of book.
How many of you have seen this?	Point to the MyPlate icon on page 3 of the book.	Respond and answer questions by raising hands.
<p>What do you need to balance with your physical activity in order to stay healthy?</p> <p>(ANSWER: A wide variety of healthy foods such as those represented on the MyPlate icon.)</p>	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
<p>What should you drink plenty of when you are doing something active?</p> <p>(ANSWER: water)</p>	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
<p>Which high-fiber food items are grown in Peri Stolic's garden?</p> <p>(Answer: fruits and vegetables)</p>	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
<p>Does anyone have a garden in his or her backyard? If so, what types of fruits and veggies are growing in it?</p>	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
<p>What kinds of physical activities do you enjoy?</p> <p>(ANSWER: varies)</p>	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

Optional Follow-up Activities:

- Use pgs. 19 and 20 in the Companion Activity Book or download Activity Sheets found below the book.