

LESSON TITLE: ***“Counting” on you to Play***

**Grade Level:** PreK/Kindergarten

**Delivery Mode:** Classroom

**Time Allotted:** 20 minutes

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

**Life Skill:** Understanding the importance of physical activity for a healthy lifestyle

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

**Integrated Curriculum Concepts\*:**

- Language Arts: Active listening, responding, following directions
- Math: Counting
- Health Science: Understanding the various types of physical activity
- Social Studies: Developing self-help skills

**Key Concepts:**

- Importance of physical activity
- Physical activity can be interactive and a lot of fun

**What you need for the Lesson:**

- “Counting” on you to Play Book
- OrganWise Guy/Gal (*optional: for follow up activities*)
- Heart to Start Companion Activity Book or downloadable 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 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 look at some fun ways that you can be physically active. We will also be doing a lot of counting. Listen closely, as I will ask some questions about the story.	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 are The OrganWise Guys practicing while doing all of their activities?  (ANSWER: counting)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Which activity did Madame Muscle demonstrate?  (ANSWER: baseball/softball)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
What activity do The Kidney Brothers just LOVE to do?  (ANSWER: play outside in the sprinkler)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Do any of you ever go outside and play in the sprinkler?  (ANSWER: varies)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Calci. M. Bone loves to do this activity.  (ANSWER: jump rope)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Hardy Heart enjoys playing which musical instrument?  (ANSWER: drum)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
When you run, what happens to your Hardy Heart?  (ANSWER: beats fast)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
What does Windy, the lungs need to be healthy?  (ANSWER: fresh air)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
What are some other activities you like to do that you could also practice counting at the same time?  (ANSWER: varies)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.

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

- Use pgs. 7, 8 and 9 in the companion activity book (***if using companion activity books***) or download Activities Sheets found beneath the book.
- Watch *Farmer’s Market Fresh* in the Bonus Video section. It is a great way to finish up this lesson. (The video is approximately 18 minutes in length.)
- OrganWise Guy/Gal

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

**Activity #1:** ***Instructions:*** Following the lesson, have the students stand. Use Windy from inside OrganWise Guy/Gal for this activity. Toss Windy to one of the students. Have that student name a favorite physical activity they like to do for fun. Then have the class act out the version of that activity ten times. Have students count aloud as they perform each activity. *After each activity, the teacher tosses Windy to another student to continue in same manner.*

**Activity #2:** ***Instructions:*** Select a student to go to the front of the class. Have the student select any organ from OrganWise Guy/Gal. Then have the student choose an activity that he/she thinks that OrganWise Guy would like to do for active play. Have the class act out that activity as they count to 10. *The teacher then chooses another student to select an organ and the activity continues in same manner.*