

## LESSON TITLE: *Keeping Your “Pets” Healthy*

**Grade Level:** PreK/Kindergarten

**Delivery Mode:** Classroom

**Time Allotted:** 20 minutes

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

**Life Skill:** Understanding the importance of taking care of your organs and your pets

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

**Integrated Curriculum Concepts\*:**

- Nutrition: Learning about wholesome food choices, including healthy, high-fiber foods
- Language Arts: Active listening, responding, analogies
- Health Science: Understanding the importance of high-fiber fruits and vegetables and their role in maintaining a healthy digestive tract
- Social Studies: Developing self-help skills

**Key Concepts:**

- Importance of physical activity (for organs in the body and animals)
- Making healthy food choices (for organs in the body and animals)
- Drinking plenty of water (for organs in the body and animals)

**What you need for the Lesson:**

- *Keeping your “Pets” Healthy* book
- OrganWise Guy/Gal (*optional: for follow up activities*)
- Heart to Start Companion Activity Book or download the 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 the 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:**

What you Say:	What you Do:	What Participants Do:
Today Sir Rebrum is going to teach you about taking care of your “pets.” Listen closely, because 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 kind of pet did Sir Rebrum just get? (ANSWER: a dog)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Do any of you have pets at home? What kind do you have?	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hands.
Sir Rebrum talks about four important things that your “pets” need. Fill in the blanks. 1) Pets should eat healthy _____. 2) Pets should be taken outside for a _____ every day. 3) A pet should be _____ so they are well behaved. (rhymes with <i>rained</i> ) 4) A pet needs LOTS of _____ (starts with the letter, “I”)  (ANSWER: 1) food 2) walk 3) trained 4) love)	Call on students who have raised their hand to answer the question. Help out with additional hints, if needed.	Respond and answer questions by raising hand.
What are the names of your OrganWise Guys “pets?”  (ANSWER: Hardy Heart, Calci M Bone, Peri Stolic, Pepto, the stomach, The Kidney Brothers, Sir Rebrum, Windy, the Lungs, Madame Muscle)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Your OrganWise Guys “pets” want you to eat _____ and high- <i>something</i> foods in order to stay healthy.  (ANSWER: healthy, high-fiber)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Which OrganWise Guy wants you to eat lots of fruits and vegetables so it will make her job of getting the garbage out easier?  (ANSWER: Peri Stolic)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.

What should you drink to keep your OrganWise Guys happy after exercising?  (ANSWER: water)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
The OrganWise Guys motto is: “We _____ who we live in, so please take care of us”  (ANSWER: love)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
Let’s sing the song together a few times: <i>How much do we love who we live in?</i> <i>We’re so proud of who you will be.</i> <i>How much do we love who we live in?</i> <i>We work hard to keep you healthy!</i>	Prompt the students to sing the song and sing along with them.	Sing the song with the group.

**Optional Follow-up Activities:**

- Use pgs. 10, 11, & 12 in companion activity book (*if using companion activity books*) or download Activities Sheets found beneath the book.
- OrganWise Guy/Gal

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

**Activity #1: Instructions:** Following the lesson, have the students sit in a circle. Use Sir Rebrum from inside OrganWise Guy/Gal for this activity. Toss Sir Rebrum to one of the students in the circle and have them answer one of the sample questions below. Once they have answered the question, have them toss Sir Rebrum to another student in the circle to answer the same question. Continue in the same manner until several students have had a chance to answer the question. Continue game with new questions as desired.

**Sample questions:**

- Which of The Organ Wise Guys would you want for a pet and why?
- What fun way do you get exercise for your OrganWise Guys?
- Which fruit do you plan to eat today to keep your OrganWise Guys healthy?
- Which vegetable do you plan to eat today to keep your OrganWise Guys healthy?
- Can you tell us of a time you played really hard and then needed to drink some water for your Kidney Brothers?

**Activity #2: Instructions:** Following the lesson, have the students sit in a circle. Have OrganWise Guy/Gal sitting on your lap where the kids can see the doll. One at a time, you will give clues for one of The OrganWise Guys that was mentioned in the book. As you give the clues, students will raise their hands to guess which organ “pet” you are describing. When the student guesses correctly, they can come and pick that organ out to hold during the rest of the game. Continue giving clues until all organs are used. See below for the statements:

***Sample clues:***

- Hardy Heart: I beat strong when I eat healthy foods such as fish.
- Calci M. Bone: Eating calcium-rich foods like yogurt and cheese keep me strong.
- Windy: I like my fruits and veggies fresh, just like my air!
- Sir Rebrum: I can think even better if I start the day with a good breakfast.
- Madame Muscle: I get really strong when kids move. I love it when you play.
- The Kidney Brothers: We love everything that has to do with water!
- Peri Stolic: I need lots of high-fiber fruits and veggies to keep me full.
- Luigi Liver (not mentioned in book): I am an organ that helps your body stay clean. I am the color brown. You will learn about me when you get a little older.
- Peter Pancreas (not mentioned in book): I am another organ you will learn about in school later on. I am the green OrganWise Guy.