

LESSON TITLE: ***Cheering for Healthy Choices***

**Grade Level:** PreK/Kindergarten

**Delivery Mode:** Classroom

**Time Allotted:** 20 minutes

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

**Life Skill:** Understanding the positive effects of making healthy lifestyle choices

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

**Integrated Curriculum Concepts\*:**

- **Nutrition:** Importance of eating breakfast and eating fruits and vegetables
- **Language Arts:** Active listening, responding
- **Health Science:** Making healthy nutrition and physical activity choices that enable the organs to function properly
- **Social Studies:** Developing self-help skills and experiencing positive reinforcement for making good decisions

**Key Concepts:**

- Importance of physical activity
- Making healthy food choices/drinking plenty of water

**What you need for the Lesson:**

- *Cheering for Healthy Choices* book
- OrganWise Guy/Gal (*optional: for follow up activities*)
- Heart to Start Companion Activity Book or download 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*)

**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 be having some fun with making healthy choices! Listen closely, as I may ask some questions about the book.	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 “team” has arrived to cheer on the class for making healthy choices?  (ANSWER: Team OrganWise)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
What should you do every morning before school to help your Sir Rebrum think clearly?  (ANSWER: eat breakfast)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
What did you eat for breakfast this morning? Were these some healthy choices?  (ANSWER: varies)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
What colorful foods do you want to be eating every day for good health?  (ANSWER: fruits and vegetables)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
What are some of your favorite fruits and vegetables?  (ANSWER: varies)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
What do Hardy Heart and Madame Muscle tell you to do every day to get the muscles moving and the heart beating?  (ANSWER: play/move/exercise)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
What are some of your favorite ways to be active?  (ANSWER: varies)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
What is The Kidney Brothers’ favorite drink in the world?  (ANSWER: water)	Call on students who have raised their hand to answer the question.	Respond and answer questions by raising hand.
How many of you drink water every day?	Give very positive feedback for those who have their hand raised.	

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

- Use pgs. 13, 14, & 15 in companion activity book (*if using companion activity books*) or download Activities Sheets found beneath the book.
- Watch *Extreme Couch Potato* found in Bonus Video section. It is a great way to finish up this lesson. (The video is approximately 14 minutes in length.)
- OrganWise Guy/Gal

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

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

#### ***What you say:***

Madame Muscle likes to see everyone making healthy choices. One thing that Madame loves to do is exercise!

#### ***Sample Questions:***

- Tell everyone one healthy food choice that you have made today.
- Tell everyone one healthy physical activity choice that you have made today.
- Tell everyone one healthy food choice that you plan to make later today.
- Tell everyone one healthy physical activity choice that you plan to make later today.

#### ***Healthy Cheer:***

(Reinforce the healthy decision and prompt the class to start the cheer):

***Hip Hip Hooray!***

***Hip Hip Hooray!***

***I'm making OrganWise Choices today!***

**Activity #2:** ***Instructions:*** Following the lesson, pair up students and give one student in the pair an organ from OrganWise Guy/Gal. Have the student that does not have the organ ask questions about it. Have them act out a conversation between the student and the organ about making healthy food and/or physical activity choices. Try and keep them on track as far as the conversation goes, but creativity is encouraged! Repeat activity as long as time permits.

#### ***What you say:***

(After grouping the students into pairs...) We want to hear some more ideas you have about healthy choices. If you are not holding an organ, you get to ask the questions! For example, if your partner is holding Madame Muscle, you can ask, "What game would you like to play when we go out for recess?" or "My brother loves to play kickball. Do you like to play that game?" "What other activities do you like?" (Encourage free flowing conversation.)