

## LESSON TITLE: *School Days -- Here We Come*

**Recommended Grade Level:** 1<sup>st</sup> Grade

**Delivery Mode:** Classroom

**Time Allotted:** 20 minutes

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

**Life Skill:** Facing scary situations

**Character Focus:** Self-responsibility

**Integrated Curriculum Concepts\*:**

- Language Arts: Increase vocabulary/active listening
- Math: Counting
- Science: Unifying concepts and processes/human anatomy; names and locations of organs
- Social Studies: Developing self-help skills

**Key Concepts:**

- Understanding that organs reside inside the human body
- Introduction to human anatomy and physiology concepts
- Importance of good nutrition for personal health (*see additional nutrition concepts*)

**What you need for the Lesson:**

- *School Days -- Here We Come!* book
- Hardy Heart Educational Tool (from OrganWise Gal/Guy, *optional*)
- Companion Activity Book or download the Activities Sheets found beneath the book

**Learning/Follow up Activity:**

- OrganWise Guys Roll Call
- Companion Activity Book pgs. 1 and 2 or download the Activities Sheets found beneath the book (*optional: for follow up activities*)
- View the three short videos (1-2 minutes) found below the Activity Sheets.

**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:**

<b>What you Say:</b>	<b>What you Do:</b>	<b>What Participants Do:</b>
I am going to read a book that will introduce you to a group of characters known as The OrganWise Guys. You will be able to participate while I am reading so listen up!	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.
Read through entire book.	Follow the instructions from the book yourself so the students know to do the same thing.	Respond and participate as told by the teacher reading.
Once you have completed the book, you can start with, ‘Hey kids! I have someone here that I’d like you to meet ... Hardy Heart! Can you show me where your Hardy Heart is?’	Introduce the plush Hardy to the students.	Respond and find their Hardy Heart.
<b>Follow up Activity:</b> <b>OrganWise Guys Roll Call</b> Let’s do one more OrganWise Guys roll call, to make sure they are all here. Try to find each one again in your body just like before. When you find it say, "Here!"	Have the kids stand up where they are.	Kids stand up and find all the organs as they are called out and then say "Here!" when they do find them.
Hardy Heart	Wait a few seconds for the kids to have a chance to find their hearts and then place hand on heart.	Put hand on heart and say "Here!" when they find it.
Madame Muscle	Wait a few seconds for the kids to find their arm muscle and then place hand on arm.	Put hand on bicep/arm and say "Here!" when they find it.
Sir Rebrum	Wait a few seconds for the kids to find their Sir Rebrum and then place hand on head.	Put hand on head and say "Here!" when they find it.
The Kidney Brothers	Wait a few seconds for the kids to find their Kidney Brothers and then place hands on lower back.	Put hand on lower back area and say "Here!" when they find it.
Windy, the Lungs	Wait a few seconds for the kids to find their Windy and then take a deep breath and exhale.	Take deep breath in and say "Here!" when they exhale.
Calci M. Bone	Wait a few seconds for the kids to find their shin and then place hand on shin.	Put hand on shin and say "Here!" when they find it.
Peri Stolic, the intestines	Give the kids a chance to find their Peri Stolic and then place hand on belly button area.	Put hand on belly button area and say "Here!" when they find it.

<p><b><i>Additional Nutrition Concepts:</i></b></p> <p>When students have become acquainted with The OrganWise Guys, it's time to teach them each organ's favorite foods. Talk about each OrganWise Guy and give clues as to the type of food they love and why.</p> <p>Calci M. Bone loves calcium-rich foods to help keep her strong. Can you guess what her favorite drink is? (Hint: it is white and is kept in the refrigerator.) What other foods do you think might help keep her strong?</p> <p>The Kidney Brothers are all about one type of drink. It begins with the letter "w." Can you guess what it is? Raise your hand if you love water.</p> <p>Peri Stolic loves fresh fruits and veggies because they are delicious and high in fiber! Let's make a list of at least 10 fruits and veggies. (Call on students to begin the list.)</p> <p>Hardy Heart knows it's important to pick healthy foods for your OrganWise Guys. I'll give you two foods and you tell me which is healthier:</p> <ul style="list-style-type: none"> <li>• french fries or baked sweet potato</li> <li>• whole grain pretzels or potato chips</li> <li>• fried chicken or baked chicken, etc.</li> </ul> <p>Sir Rebrum, your brain, needs a healthy breakfast to get "thinking" every morning. Let's make a list of some healthy breakfast items. (Call on students to list items.)</p>	<p>Call on students who have raised their hand to answer the question.</p>	<p>Respond and answer questions by raising hand.</p>
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***Optional Follow-up Activities:***

- Use pgs. 1 and 2 in the Companion Activity Book or download the Activities Sheets found beneath the book.
- View the three short videos (1-2 minutes) found below the Activity Sheets.