

LESSON TITLE: *Taking a Healthy Break*

Recommended Grade Level: 1st Grade

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill: The importance of being physically active

Character Focus: Self-responsibility, choices, and moderation

Integrated Curriculum Concepts*:

- Language Arts: Active listening, responding, and following instructions
- Math: Counting and patterns
- Science: Exercise physiology
- Social Studies: Developing self-help skills

Key Concepts:

- Importance of reducing sedentary behavior and increasing physical activity
- Making healthy snack choices (*see additional nutrition concept*)

What you need for the Lesson:

- *Taking a Healthy Break!* book
- Hardy Heart Educational Tool (from OrganWise Gal/Guy, *optional*)
- Companion Activity Book or download the Activities Sheets found beneath the book

Learning Activity:

- Companion Activity Book pgs. 7 and 8 or download the Activities Sheets found beneath the book (*optional: for follow up activities*)

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 learn a very important lesson about.... can you guess? (Pause while pulling out doll.) That’s right, Hardy Heart! | Pull out the Hardy Heart plush doll. Let kids try and come up with which character it is. | Guess which character the lesson is going to be about. |
| Listen carefully because you will be able to stand up and move around later in the story! Start reading the book. | As you read the book, have the students follow along and actually do the physical activity with the “guys.” | Sit quietly and listen until interactive parts of book. |
| Everyone put your hand over your Hardy Heart...can you feel it beating? Your Hardy Heart is pumping very fast right now because it loves it when you exercise. | Put your hand over your Hardy Heart. | Put their hands over their Hardy Heart. |
| Additional Nutrition Concept: Of course we all watch television at times, especially on rainy days. Raise your hand if you sometimes snack while watching TV. You need to know how to make healthy choices when it comes to snacking. | Bring in samples of healthy snacks and some not so healthy snacks that should be limited. This would be a good lead into the <i>Healthy Commercial</i> follow-up activity below. | Respond and answer questions by raising hand. |
| Follow Up Activity: Healthy Commercial | Follow A Healthy Commercial instructions (found under Activity Sheets) and call on students to do some healthy commercials. You may need to coax them with some probing questions about the healthy “fruit, veggie or favorite sport activity” commercial. (*Give the kids five-eight minutes to come up with their commercials.) | Follow instructions from teacher and create commercials to share with the class. |

Optional Follow-up Activities:

- Use pgs. 7 and 8 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.
- Watch *Extreme Couch Potato* found in Feature Videos sections. (The video is approximately 14 minutes in length.)