

LESSON TITLE: *Clean Air March*

Recommended Grade Level: 1st Grade

Delivery Mode: Classroom

Time Allotted: 20 minutes

of Participants: Class size: 10-30

Life Skill/General Health: Basic lung function and the importance of a smoke-free environment

Character Focus: Asserting oneself/working as a team with others

Integrated Curriculum Concepts*:

- Language Arts: Drawing and writing as a way of expressing thoughts and ideas
- Science: Recognizing that humans have an impact on the environment
- Social Studies: Developing social awareness and problem-solving skills and explaining the role of community helpers
- Visual and Performing Arts: Using a variety of materials to express one's ideas and creativity

Key Concepts:

- Understanding the importance of a smoke-free lifestyle
- Choosing healthy foods in a celebration (see additional nutrition concept)

What you need for the Lesson:

- *Clean Air March!* book
- Windy, the Lungs Educational Tool (from OrganWise Gal/Guy, *optional*)
- Companion Activity Book or download the Activities Sheets found beneath the book

Learning Activity:

- Companion Activity Book page 16 or download the Activity Sheet 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 meet Windy, the lungs. Windy is all about things that are fresh. She likes FRESH air to breathe and FRESH fruits and vegetables to eat. Let's get started. Listen closely, I may ask some questions about the book.	Hold up Windy to the class and then sit her next to you as you read the book (WITH ENTHUSIASM!). Have the students join in and do the cadence march each time it appears in the book. You sing the first line and they repeat it.	Sit quietly and listen until interactive parts of book. Respond and participate as told by the teacher reading.
What is the harmful smoke called that affects everyone who does not smoke but is in the same room as a smoker? (ANSWER: second-hand smoke)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Has anyone ever had his or her picture taken for the newspaper before? If so, why were you in the newspaper?	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Additional Nutrition Concept: Okay, class. Let's pretend we have been put in charge of the party to celebrate the success of the march. Windy has asked that we do a huge celebration with healthy foods - including FRESH ones - to go along with our FRESH AIR success! Let's make a list of the types of food we would have.	Call on students who have raised their hand to add foods to list. You may need to guide them towards a healthier choice if they choose an unhealthy item.	Should be actively involved in the activity.

Optional Follow-up Activities:

- Use page 16 in the Companion Activity Book or download the Activity Sheet found beneath the book
- View the three short videos (1-2 minutes) found below the Activity Sheets.
- Watch *Farmer's Market Fresh* found in Feature Videos sections. (The video is approximately 18 minutes in length.)