

LESSON TITLE: *A Healthy Victory*

Recommended Grade Level: 1st Grade

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill/General Health: The importance of a smoke-free environment

Character Focus: Identifying problems and determining solutions

Integrated Curriculum Concepts*:

- Language Arts: Gaining information from individuals who share their knowledge
- Science: Participating in learning activities involving daily life experiences
- Social Studies: Developing social awareness and problem-solving skills and identifying the need for rules (policies)

Key Concepts:

- **Advocating for smoke-free restaurants**
- **Understanding the importance of clean air in relation to asthma**
- **Making healthy food choices throughout the day and as a reward (*see additional nutrition concepts*)**

What you need for the Lesson:

- *A Healthy Victory!* book
- Windy the Lungs Educational Tool (from OrganWise Gal/Guy, *optional*)
- Companion Activity Book (*optional*)

Learning Activity:

- Companion Activity Book pgs. 19 and 20 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: |
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| Let's take a moment and give our lungs some fresh air. | Take a couple of deep breaths with the class. | Take a couple of deep breaths following the lead of the teacher. |
| This week there is a mystery to figure out! Make sure you pay close attention because I am going to be asking you some questions after the story. | Sit Windy next to you as you read the book (WITH ENTHUSIASM!). As you read the book, be sure to point out "the healthy lunch they are eating in the school cafeteria" as well as the "veggie pizza" at the restaurant. | Sit quietly and listen while the teacher reads the book. |
| Do any of you know someone with asthma? | Listen to response of the students. | Respond and answer questions by raising hands. |
| Do you think Windy and her friends are glad that this healthy restaurant will now be a No-Smoking one? | Listen to response of the students. | Respond and answer questions by raising hands. |
| <p>Additional Nutrition Concepts: What were some of the healthy foods that were being served for lunch in the cafeteria? (ANSWER: carrots, peas, apple, etc.)</p> <p>As a reward, they all went to Anthony's Pizza. What type of pizza did they order? (ANSWER: veggie pizza)</p> <p>Have any of you ever had vegetables on your pizza? What types of veggies would you like to try? Do you think it was smart of The OrganWise Guys to order a healthy food choice to treat themselves?</p> | Call on students who have raised their hands to answer the question. | Respond and answer questions by raising hands. |

Optional Follow-up Activities:

- Use pgs. 19 and 20 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.