

LESSON TITLE: *Are you Germ-Wise?*

Recommended Grade Level: 2nd Grade

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill: The importance of hand washing and eliminating germs

Character Focus: Self-responsibility, self-discipline

Integrated Curriculum Concepts*:

- Nutrition: How fruits and vegetables help fight off germs
- Language Arts: Active listening, following instructions
- Health Science: Good personal hygiene, what germs are, how to prevent them

Key Concepts:

- Washing hands before eating
- Making healthy food choices
- Importance of physical activity

What you need for the Lesson:

- *Are you Germ-Wise?* book
- Sir Rebrum beanie (from OrganWise Gal/Guy, *optional*)
- Companion Activity Book pgs. 1 and 2 or download the Activities Sheets found beneath the book (*optional: for follow up activities*)

Learning Activity:

- Watch *Pepto's Party Portions* found in Feature Videos section.

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:
<p>Today we are going to meet a new OrganWise Guy character named Sir Rebrum. Sir Rebrum is very smart but needs lots of energy from food to function properly. Listen closely, I may ask some questions about the book.</p>	<p>Hold up the Sir Rebrum character to the class and then sit him next to you as you read the book (WITH ENTHUSIASM!).</p>	<p>Sit quietly and listen until interactive parts of book.</p>
<p>Let's get started!</p>	<p>As you read the book, have the students follow along and answer any questions or interact if they are supposed to.</p>	<p>Sit quietly and listen until interactive parts of book.</p>
<p>What types of food can help fight off germs? (ANSWER: fruits and vegetables)</p>	<p>Call on students who have raised their hands to answer the question.</p>	<p>Respond and answer questions by raising hands.</p>
<p>What else can you do to stay healthy? (ANSWER: get fresh air and exercise)</p>	<p>Call on students who have raised their hands to answer the question.</p>	<p>Respond and answer questions by raising hands.</p>
<p>What should you always do after you use the restroom? (ANSWER: wash your hands)</p>	<p>Call on students who have raised their hands to answer the question.</p>	<p>Respond and answer questions by raising hands.</p>
<p>What did Juan forget to use when washing his hands in the bathroom? (Answer: soap)</p>	<p>Call on students who have raised their hands to answer the question.</p>	<p>Respond and answer questions by raising hands.</p>

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.
- Watch *Pepto's Party Portions* found in Feature Videos section. (The video is approximately 17 minutes in length.)