

LESSON TITLE: ***Poetry in Motion***

Recommended Grade Level: 2nd Grade

Delivery Mode: Classroom

Time Allotted: 20 minutes

of Participants: Class size: 10-30

Life Skill: Understanding how physical activity and nutrition can help creative thinking

Character Focus: Self-responsibility, creativity

Integrated Curriculum Concepts*:

- Nutrition: Eating fresh fruit and healthy foods to fuel the brain
- Language Arts: Active listening, rhyming, ways to alleviate writer's block
- Health Science: Understanding the importance of exercise and food for energy
- Social Studies: Developing self-help skills

Key Concepts:

- Importance of physical activity
- Making healthy food choices

What you need for the lesson:

- *Poetry in Motion* book
- Madame Muscle beanie (from OrganWise Gal/Guy, *optional*)
- Companion Activity Book pgs. 9 and 10 or download the Activities Sheets found beneath the book (*optional: for follow up activities*)

Learning Activity:

- Poetry in Motion Break

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 a new OrganWise Guy character named Madame Muscle. Madame Muscle is all about getting plenty of exercise to stay healthy. Listen closely as I may ask some questions about the book.	Hold up the Madame Muscle character to the class and then sit her next to you as you read the book (WITH ENTHUSIASM!).	Sit quietly and listen until interactive parts of book.
Let's get started!	As you read the book, have the students follow along and answer any questions or interact if they are supposed to.	Sit quietly and listen until interactive parts of book.
What does Madame Muscle struggle with at the beginning of the story when she just can't think of anything to write? (ANSWER: writer's block)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What does Sir Rebrum suggest she do to help her focus and get some energy? (ANSWER: Eat some fresh fruit.)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What else does Madame Muscle do for a brain break? (ANSWER: She goes outside for exercise, fresh air and fun.)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What does Madame Muscle do the morning of her presentation to make sure she has energy? (Answer: She eats a healthy breakfast and walks to school.)	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. 9 and 10 in the Companion Activity Book or download Activity Sheets found below the book.
- View the three short videos (1-2 minutes) found below the Activity Sheets.