

LESSON TITLE: *An Active Role Model*

Recommended Grade Level: 2nd Grade

Delivery Mode: Classroom

Time Allotted: 20 minutes

of Participants: Class size: 10-30

Life Skill: Understanding what is involved in successfully attaining a goal.

Character Focus: Self-responsibility, hard work, persistence, goal setting, and teamwork

Integrated Curriculum Concepts*:

- Language Arts: Active listening
- Health Science: Understanding that physical activity is important for a healthy body
- Social Studies: Developing self-help skills

Key Concepts:

- Importance of physical activity
- Making healthy food choices
- Drinking plenty of water
- Perseverance

What you need for the Lesson:

- *An Active Role Model* book
- Madame Muscle beanie (from OrganWise Gal/Guy, *optional*)
- Companion Activity Book pgs. 13 and 14 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 hear from Madame Muscle again! Listen closely; I am going to ask you some questions after the story.	Sit Madame Muscle 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 as appropriate.	Sit quietly and listen until interactive parts of book.
What are the rules of <i>P</i> ? (ANSWER: 1. Get <i>plenty</i> of physical activity; 2. <i>Practice</i> hard; 3. <i>Picture</i> yourself reaching your goal)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What healthy snack did the soccer team eat after the first game? (ANSWER: orange slices)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What beverage should you drink after a soccer game or any physical activity? (ANSWER: water)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What was the other “ <i>P</i> ” word that Molly’s dad had for her when she was discouraged? (Answer: He <i>promised</i> her that if she worked hard that she would eventually score a goal)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
After Molly scored her goal, what was another “ <i>P</i> ” word used by her dad? (ANSWER: <i>Proud</i>)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is an active role model? (ANSWER: Someone who other kids look up to for leadership and support.)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is the most important meal of the day that helps get you energized for a soccer game? (ANSWER: breakfast)	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. 13 and 14 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.