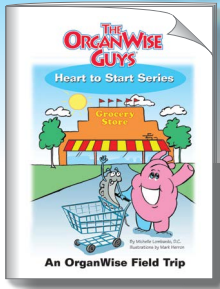




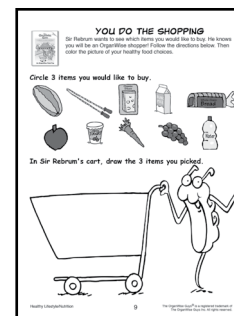
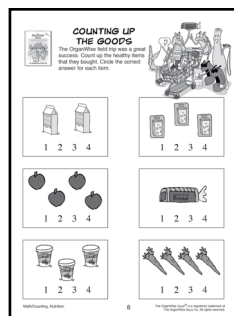
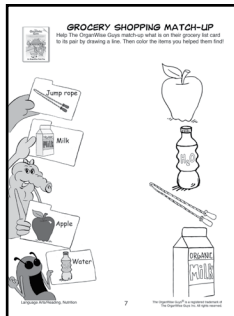
Calci M. Bone®



Read **An OrganWise Field Trip**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:



Watch the 3 short companion videos:



CHEF PERI.MP4



GAME SHOW-DESSERTS.MP4



PIRATES OF THE CARROT AND BEAN HEALTHY SNACKS.MP4

**MUSIC/ARTS**  
16 songs with lyrics/12 drawing videos

Note: To include more dairy information into this lesson, you can add/replace one of the above videos with this **Calci Yum Yum Yum Song**.



CALCI YUM YUM YUM.MP4

If time allows ...

**FOODS OF THE MONTH**  
Year-round activities and newsletters

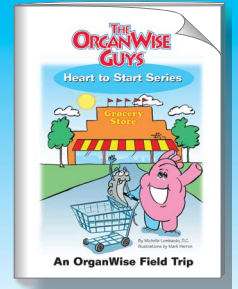
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

**WISERCISE**  
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. [digital.organwiseguys.com/wisercise/warm-up-videos](http://digital.organwiseguys.com/wisercise/warm-up-videos)



# An OrganWise Field Trip Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

## **Nutrition/Health Topics Covered:**

Protein-rich foods, calcium-rich foods, high-fiber fruits, vegetables and whole-grain foods, physical activity, water/hydration, try new healthy foods

## **Storybook - Lesson Objectives/Key Concepts:**

- To show how grocery shopping can be fun
- To recall lists of healthy food items
- To recall lists of physical activity options
- To empower children with the belief that they can make good choices

## **Activity Sheets - Lesson Objectives/Key Concepts:**

- To reinforce some of the healthy choices from their grocery store trip
- To practice counting these healthy choices
- To allow children to choose their favorite options and draw them

## **Short Videos/Songs - Lesson Objectives/Key Concepts:**

- To show children how to make 'ants on a log'
- To demonstrate the reasons why fruit is your best dessert option
- To illustrate how healthy, high-fiber foods are the best snack choice
- To highlight all of the calcium-rich foods available

## **WISERCISE – Lesson Objectives/Key Concepts:**

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

## **Foods of the Month - Lesson Objectives/Key Concepts:**

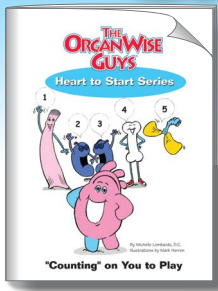
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

## **Materials Needed/Suggested:**

- Access to digital platform
- Print out activity sheets if you don't have activity books
- PreK/K student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



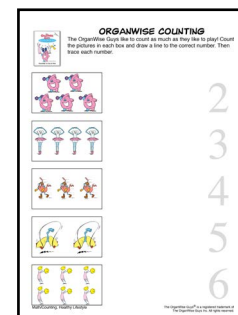
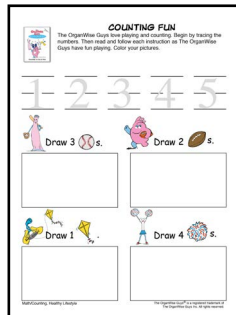
Windy® (the lungs)



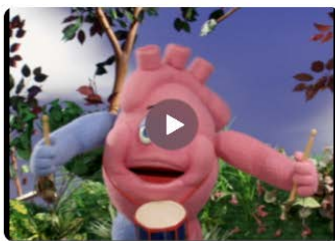
Read **"Counting" on You to Play**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:



Watch the 3 short companion videos:



HARDYS MARCHING BAND.MP4



EXERCISE INSIDE-SUPERHEROS.MP4



EXERCISE.MP4

**SHORTS! BY TOPIC**  
80 1-minute videos - great for transition time

Note: After all that fun, be sure to Wash Your Hands! To include handwashing information into this lesson you can add/replace one of the above videos with this **Wash Your Hands Before You Eat Short**.



WASH YOUR HANDS BEFORE YOU EAT.MP4

If time allows ...

**FOODS OF THE MONTH**  
Year-round activities and newsletters

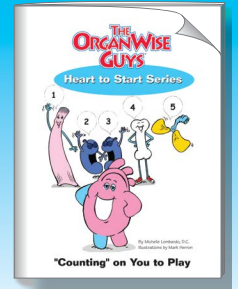
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

**WISERCISE**  
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. [digital.organwiseguys.com/wisercise/warm-up-videos](http://digital.organwiseguys.com/wisercise/warm-up-videos)



# “Counting” on You to Play Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

## **Nutrition/Health Topics Covered:**

Water/hydration, physical activity, fresh air, try new healthy foods

## **Storybook - Lesson Objectives/Key Concepts:**

- To introduce some of The OrganWise Guys characters
- To address how important exercise is for your OrganWise Guys
- To make the concept of counting a fun physical activity game
- To highlight a variety of physical activity options

## **Activity Sheets - Lesson Objectives/Key Concepts:**

- To practice counting and drawing several items
- To encourage children to draw their favorite physical activity

## **Short Videos/Songs - Lesson Objectives/Key Concepts:**

- To demonstrate the many ways to get physical activity
- To remind children that they can exercise indoors if the weather is bad
- To show a fun way to exercise your arms and shoulders
- To teach children the importance of washing their hands before eating

## **WISERCISE – Lesson Objectives/Key Concepts:**

- To incorporate physical activity into today’s lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

## **Foods of the Month - Lesson Objectives/Key Concepts:**

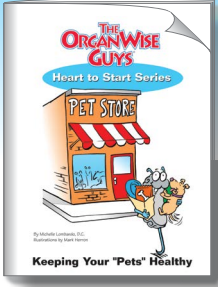
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

## **Materials Needed/Suggested:**

- Access to digital platform
- Print out activity sheets if you don’t have activity books
- PreK/K student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



(Use this link to access all content.)



Read **Keeping Your "Pets" Healthy**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:



Watch the 3 short companion videos:



CARING FOR ANIMALS.MP4



HEALTH TREK-HEALTHY FOODS.MP4



REPEAT AFTER ME.MP4

**MUSIC/ARTS**  
16 songs with lyrics/12 drawing videos

Note: To include handwashing information into this lesson, you can add/replace one of the above videos with this **Wash Your Hands Song**.



WASH YOUR HANDS.MP4

If time allows ...

**FOODS OF THE MONTH**  
Year-round activities and newsletters

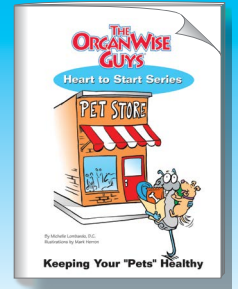
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

**WISERCISE**  
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. [digital.organwiseguys.com/wisercise/warm-up-videos](http://digital.organwiseguys.com/wisercise/warm-up-videos)



# Keeping Your "Pets" Healthy Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

## **Nutrition/Health Topics Covered:**

Calcium-rich foods, high-fiber fruits, vegetables, and whole-grain foods, digestion/elimination system, water/hydration, physical activity, try new healthy foods, fresh air

## **Storybook - Lesson Objectives/Key Concepts:**

- To understand the concept of responsibility
- To demonstrate the healthy food/beverage examples to nourish each OrganWise Guy
- To show how important physical activity is
- To show how important high-fiber fruits and vegetables are
- To highlight that learning/studying are important habits
- To convey that The OrganWise Guys love who they live in and are counting on them to make healthy choices

## **Activity Sheets - Lesson Objectives/Key Concepts:**

- To highlight the importance of eating a healthy breakfast and show examples
- To show where Hardy Heart lives in the body
- To reinforce the healthy habit of engaging in physical activity

## **Short Videos/Songs - Lesson Objectives/Key Concepts:**

- To show how important physical activity, fresh air, and calcium-rich foods are for your bones
- To highlight healthy, high-fiber fast-food choices
- To remind children of the OrganWise rules: healthy foods, high-fiber, lots of water, and exercise
- To teach children the importance of handwashing

## **WISERCISE – Lesson Objectives/Key Concepts:**

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

## **Foods of the Month - Lesson Objectives/Key Concepts:**

- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

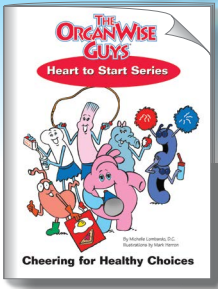
## **Materials Needed/Suggested:**

- Access to digital platform
- Print out activity sheets if you don't have activity books
- PreK/K student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)

(Use this link to access all content.)



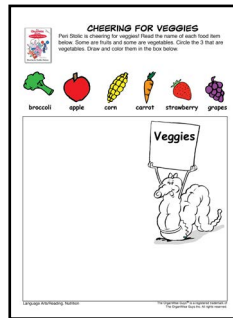
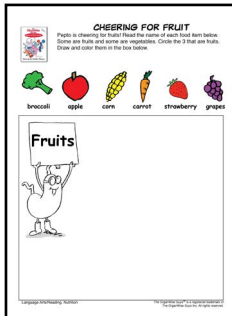
Madame Muscle®



Read **Cheering for Healthy Choices**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:



Watch the 3 short companion videos:



STANDING UP-FOR PE.MP4



FIBER-IFIC CHEER.MP4



GIMME FIVE.MP4

**SHORTS! BY TOPIC**  
80 1-minute videos - great for transition time

Note: To include more dairy information into this lesson, you can add/replace one of the above videos with this **Calcium Cheer Short**.



CALCIUM CHEER.MP4

If time allows ...

**FOODS OF THE MONTH**  
Year-round activities and newsletters

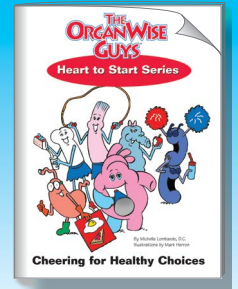
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

**WISERCISE**  
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. [digital.organwiseguys.com/wisercise/warm-up-videos](http://digital.organwiseguys.com/wisercise/warm-up-videos)



# Cheering for Healthy Choices Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

## **Nutrition/Health Topics Covered:**

Eating a healthy breakfast, fruits, vegetables, water/hydration, physical activity, try new healthy foods

## **Storybook - Lesson Objectives/Key Concepts:**

- To relay the importance of eating a healthy breakfast
- To highlight the importance of eating fruits and vegetables every day
- To demonstrate the variety of fruit and vegetable options
- To highlight the array of fun physical activity choices
- To emphasize the importance of drinking plenty of water

## **Activity Sheets - Lesson Objectives/Key Concepts:**

- To highlight fruits by drawing/coloring them
- To highlight vegetables by drawing/coloring them
- To encourage children to identify/draw their favorite physical activities

## **Short Videos/Songs - Lesson Objectives/Key Concepts:**

- To encourage children to advocate for healthy PE classes
- To emphasize the importance of eating high-fiber foods and show examples
- To highlight the wide array of fruits and vegetables to choose from
- To identify and choose calcium-rich foods

## **WISERCISE – Lesson Objectives/Key Concepts:**

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

## **Foods of the Month - Lesson Objectives/Key Concepts:**

- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

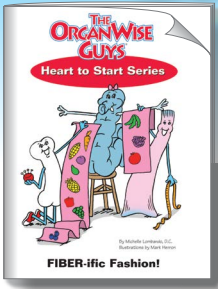
## **Materials Needed/Suggested:**

- Access to digital platform
- Print out activity sheets if you don't have activity books
- PreK/K student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)





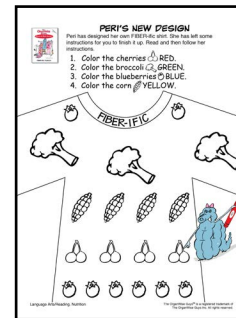
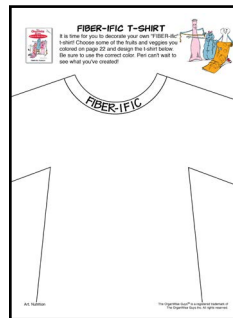
Peri Stolic®  
(the intestines)



Read **Fiber-ific Fashion**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:



Watch the 3 short companion videos:



GAME SHOW FRUITS.MP4



WHAT DO THE INTESTINES DO.MP4



PIRATES OF THE CARROT AND BEAN FIBER.MP4

**SHORTS! BY TOPIC**  
80 1-minute videos - great for transition time

Note: To include more handwashing information into this "high-fiber" lesson, you can add/replace one of the above videos with this **Wash Your Hands After Bathroom Short**.



WASH YOUR HANDS AFTER BATHROOM-.MP4

If time allows ...

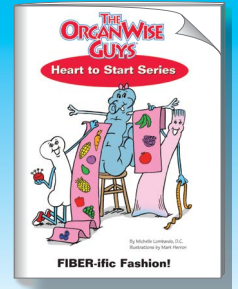
**FOODS OF THE MONTH**  
Year-round activities and newsletters

Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

**WISERCISE**  
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. [digital.organwiseguys.com/wisercise/warm-up-videos](http://digital.organwiseguys.com/wisercise/warm-up-videos)

# Fiber-ific Fashion Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

## **Nutrition/Health Topics Covered:**

Fruits, vegetables, digestion/elimination, water/hydration, physical activity, try new healthy foods

## **Storybook - Lesson Objectives/Key Concepts:**

- To highlight Peri Stolic, the large intestine
- To emphasize the variety of colorful fruits that are available
- To emphasize the variety of colorful vegetables that are available
- To highlight the benefits of fruits and vegetables
- To challenge children to name the fruits and vegetables on Peri's dress

## **Activity Sheets - Lesson Objectives/Key Concepts:**

- To practice site and color words of various fruits and vegetables
- To practice matching some of the fruits/vegetables with their correct color
- To follow the instructions on how to decorate the healthy t-shirt

## **Short Videos/Songs - Lesson Objectives/Key Concepts:**

- To highlight the variety of colorful fruits
- To explain the function of the intestine and how to keep it healthy
- To highlight how to identify high-fiber foods in a grocery store
- To highlight the importance of handwashing after using the bathroom

## **WISERCISE – Lesson Objectives/Key Concepts:**

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

## **Foods of the Month - Lesson Objectives/Key Concepts:**

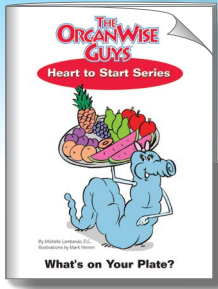
- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

## **Materials Needed/Suggested:**

- Access to digital platform
- Print out activity sheets if you don't have activity books
- PreK/K student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



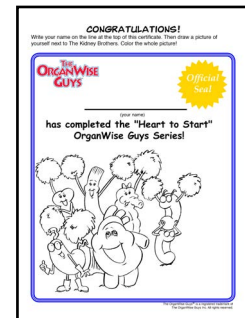
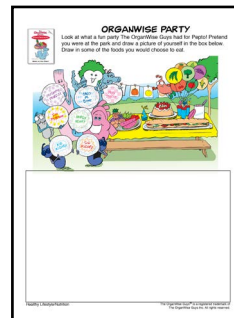
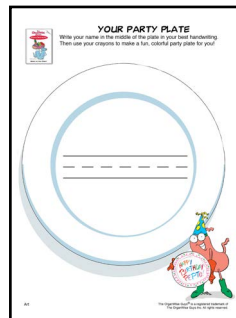
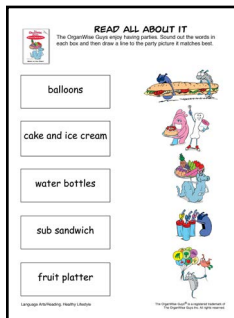
Pepto (the stomach)



Read **What's on Your Plate**

(Note: If you have an OrganWise doll or a set of beanies, start the lesson by introducing the characters and emphasizing the characters featured in today's story.)

Complete the following activity pages:



Watch the 3 short companion videos:



BODY CHAIN.MP4



GAME SHOW-EAT LOTS OF COLOR.MP4



COUNT IT OUT.MP4

### VIDEOS

14-20 minutes of educational fun

Note: To continue the party theme, watch the full episode of **Pepto's Party Portions**.



PEPTO'S PARTY PORTIONS.MP4

If time allows ...

### FOODS OF THE MONTH

Year-round activities and newsletters

Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

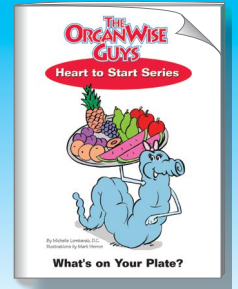
### WISERCISE

Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the daily march or a fun movement song). Then choose **Spelling or Math** for this session's physical activity. [digital.organwiseguys.com/wisercise/warm-up-videos](http://digital.organwiseguys.com/wisercise/warm-up-videos)



# What's on Your Plate Lesson Plan (Details/Objectives)



This session is designed for 30-60 minutes depending on how much time you have. This lesson can also be broken down into 10-15 minute segments to accommodate center activities. Feel free to modify as needed.

## **Nutrition/Health Topics Covered:**

Fruits, vegetables, whole grains, water/hydration, physical activity, fresh air, try new healthy foods

## **Storybook - Lesson Objectives/Key Concepts:**

- To highlight a variety of fruits and vegetables
- To provide an example of a sandwich made with healthy ingredients
- To remind children to make water their main beverage
- To provide an example of a party serving only healthy, OrganWise-approved items

## **Activity Sheets - Lesson Objectives/Key Concepts:**

- To reinforce the healthy foods presented in the story
- To encourage the children to draw their favorite healthy foods

## **Short Videos/Songs - Lesson Objectives/Key Concepts:**

- To illustrate the importance of taking your time when you eat and stopping when you're full
- To display a wide array of colorful, high-fiber vegetables
- To remind children to be mindful of their portion sizes
- To teach children the importance of moderation as they celebrate life together

## **WISERCISE – Lesson Objectives/Key Concepts:**

- To incorporate physical activity into today's lesson
- To practice grade-level-specific math and spelling while doing a fun exercise

## **Foods of the Month - Lesson Objectives/Key Concepts:**

- To introduce/reinforce healthy foods/food groups
- To do food tastings with highlighted food/food groups (optional)
- To share information about these healthy food/groups with parents via the newsletter

## **Materials Needed/Suggested:**

- Access to digital platform
- Print out activity sheets if you don't have activity books
- PreK/K student activity book (optional)
- Print out Foods of the Month activity sheets and newsletter (optional)
- Foods of the Month posters (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)