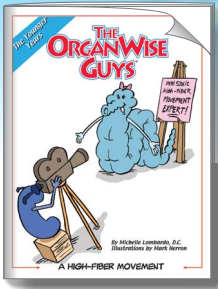




Peri Stolic®
(the intestines)

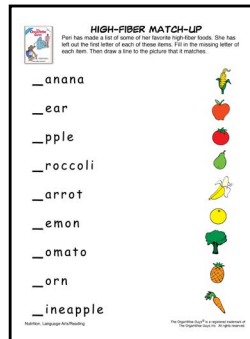


(Use this link to access all content.)

Read **A High Fiber Movement**

(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:



PERI SPELLS CONSTIPATION.MP4



TAKE THE FIBER PLEDGE.MP4



KEEP IT MOVING.MP4

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



WASH YOUR HANDS AFTER BATHROOM-.MP4

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

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

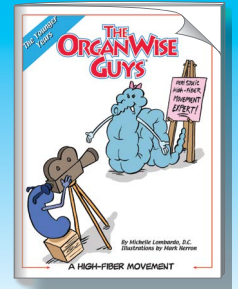
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



A High Fiber Movement 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:

High-fiber fruits, vegetables and whole-grain foods, vitamins/minerals, the function/mechanics of the large intestine, try new healthy foods, handwashing

Storybook - Lesson Objectives/Key Concepts:

- To show the steps of preparing a presentation
- To highlight the function of the large intestine
- To compare high- versus low-fiber food choices
- To remind children that fruits and vegetables also contain vitamins, minerals, and water
- To name a variety of fruits and vegetables

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce the message that fruits and vegetables are high in fiber
- To encourage children to lead their own high-fiber movement

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To show how to spell 'constipation' and how to avoid having it
- To challenge children to take the fiber pledge and eat high-fiber foods
- To explain the function of the intestine and why high-fiber foods are so important
- To teach the importance of washing hands after using the restroom

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
- 2nd Grade 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)