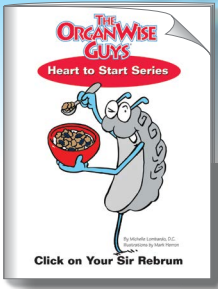


## Click on Your Sir Rebrum Lesson Plan (2 pages)



Sir Rebrum®



(Use this link to access all content.)

Read **Click on Your Sir Rebrum**

(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:

**YOU TAKE THE TEST**  
Sir Rebrum is wondering if you know the correct answers to this OrganWise Guys test. "Click on your Sir Rebrum" as you read along with your teacher and take this important test. Circle the correct answer.

1. In which picture is Hardy getting exercise?

2. Which drink is a good choice after you have been playing and exercising outside?

3. What should you have in the morning each day to click on your brain?

Language Arts/Reading, Healthy Lifestyle

**IN SEARCH OF BREAKFAST**  
Below is a picture of The OrganWise Guys eating breakfast in the school cafeteria. See if you can find all of the foods in the scene. Circle them as you find each one.

Language Arts/Reading, Healthy Lifestyle

**CLICK ON YOUR SIR REBRUM**  
It is important to eat breakfast every day. Draw a picture of yourself eating a healthy breakfast. Then trace the sentence below. Read what it says.

- I will eat -  
- breakfast -  
- every day -

Language Arts/Writing, Healthy Lifestyle

Watch the 3 short companion videos:



HARDY SPELLS BREAKFAST.MP4



DONT SKIP BREAKFAST.MP4



BBBBREAKFAST.MP4

### If time allows . . .

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

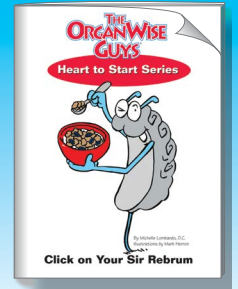
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

**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)



## Click on Your Sir Rebrum 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:**

The importance of breakfast, physical activity, water/hydration, high-fiber foods, try new healthy foods

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

- To highlight Sir Rebrum, the brain
- To demonstrate the importance of eating a healthy breakfast each morning
- To show an example of a healthy breakfast
- To contrast physical activity and sedentary activities
- To highlight a hydrating beverage (water)

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

- To test the recall of the story's concepts
- To evaluate the children's knowledge of healthy breakfast choices
- To challenge/remind the children to eat breakfast daily with a take-home drawing

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

- To explain the benefits of/meaning of the word – breakfast
- To show how much better you feel when you remember to eat breakfast
- To show a robust demonstration of why breakfast is the best meal of the day

### **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)