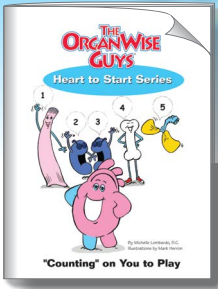




Windy® (the lungs)

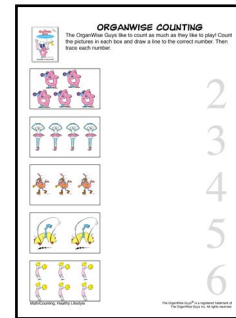
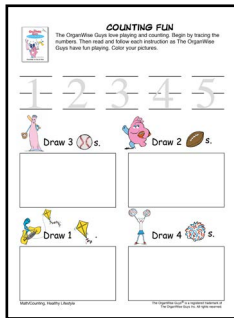
(Use this link to access all content.)



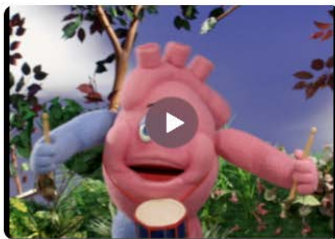
Read **"Counting" on You to Play**

(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

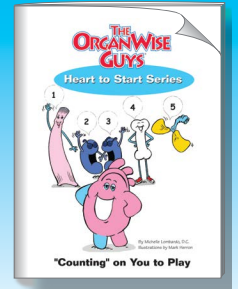
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

**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)