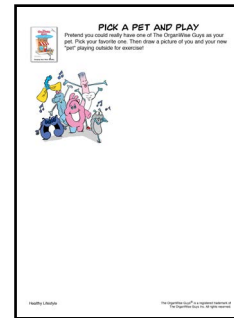
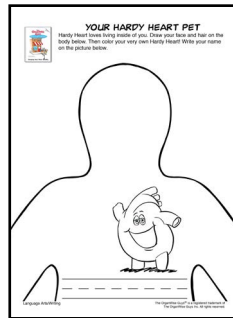
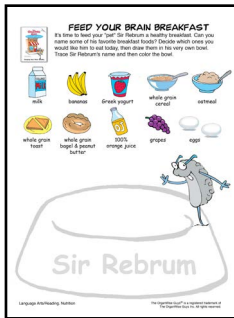


(Use this link to access all content.)

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

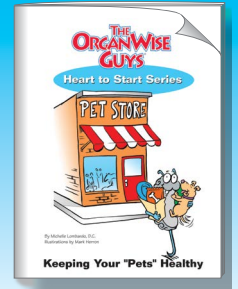
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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
PreK/K - Keeping Your "Pets" Healthy - (Page 1)



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)