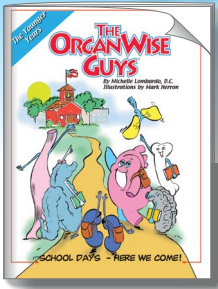




Hardy Heart®

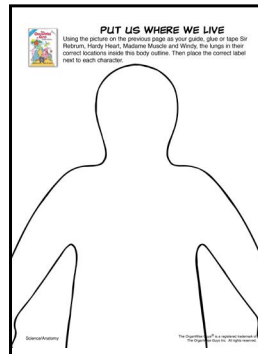
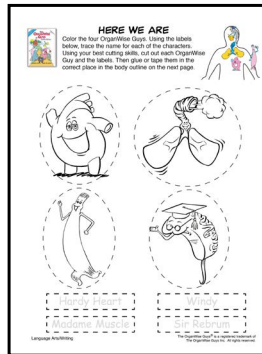


(Use this link to access all content.)

Read **School Days Here We Come**

(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.)

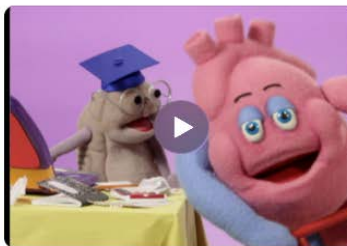
Complete the following activity pages:



Watch the 3 short companion videos:



ORGANWISE CADENCE.MP4



HOME WORK HOME PLAY.MP4



TEST TAKING IS LIKE BASEBALL.MP4

MUSIC/ARTS
16 songs with lyrics/12 drawing videos

Note: To include physical activity and fun, dance along to the **Silly Song**.



SILLY SONG.MP4

If time allows ...

FOODS OF THE MONTH
Year-round activities and newsletters

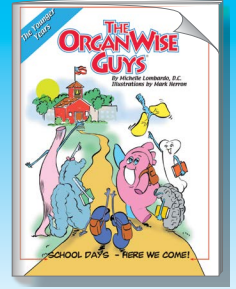
Print copies of this month's Foods of the Month coloring sheets (2) and the monthly newsletter for students to take home (one per student).

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



School Days Here We Come 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:

Location/function of some of the major organs, physical activity, water/hydration, healthy/high-fiber foods, try new healthy foods

Storybook - Lesson Objectives/Key Concepts:

- To address the nervousness of the first day of school/unknown
- To illustrate where the heart, a muscle, a bone, the brain, the kidneys, the lungs, and the intestines are located in the body
- To describe the basic function of each of these organs

Activity Sheets - Lesson Objectives/Key Concepts:

- To reinforce some of the organs introduced in the story
- To have children correctly label each one

Short Videos/Songs - Lesson Objectives/Key Concepts:

- To reinforce the four healthy OrganWise rules with a fun cadence
- To reframe homework as playtime for your brain and heart
- To encourage children to think of test-taking like training for a sport
- To emphasize the importance of movement and fun for health and wellbeing

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
- 1st 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)