

LESSON TITLE: ***“Extreme Couch Potato” DVD***

Grade Level: Pre-K/K-5

Delivery Mode: Classroom

Time Allotted: 20 minutes (Video: 14:18 minutes)

Of Participants: Class size: 10-30

Life Skill/General Health: Learning to be more physically active instead of being idle in front of the television.

Character Focus: Self-Responsibility

Integrated Curriculum Concepts:

- Language Arts: Active Listening, Sharing Experiences and Information
- Math: Counting
- Science: Unifying concepts and processes
- Social Studies: Developing self-help skills

Key Concepts:

- Concept of watching less television and playing fewer video games
- Importance of physical activity
- Making healthy food choices
- Making healthy snack choices
- Drinking plenty of water to keep organs healthy

What you need for the Lesson:

- “Extreme Couch Potato” DVD
- DVD player/computer

Learning/Follow up Activity:

- Class Discussion

Getting Ready:

- Read the following overview of the movie and lesson plan.
- Overview: In “Extreme Couch Potato,” Hardy learns an important lesson about turning off the television, choosing healthy snack foods and getting outside to play.

Note to Helper:

- This educational and entertaining video targets young children with positive, health-related behavior habits. Empowering children with tools they need to make healthy choices for a lifetime is prevention at its best.

Lesson Plan:

What you Say:	What you Do:	What Participants Do:
Today we are going to watch a video starring the Organwise Guys Characters. They are going to teach you some very important information but in a very fun way. Listen up because I will be asking some questions afterwards. Enjoy!	Play the video.	Sit quietly and watch the video.
What is Hardy doing too much of at the beginning of the video? (ANSWER: Watching TV/playing video games/eating unhealthy snacks)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
<p>Is it a good idea to eat in front of the television? Why or why not. (Answer: Less attention is paid to the amount eaten (especially relevant when less desirable snacks are at arms-reach.)</p> <p>What might be some healthier snack options for him?</p> <p>What is an ECP? (ANSWER: Extreme Couch Potato)</p>	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What kinds of things can your muscles help you do? (ANSWER: Skip, run, whistle, run, throw-anything from the muscle song)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What are muscles important for? (ANSWER: Exercise)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
TRUE or FALSE: The heart is a muscle? (ANSWER: TRUE)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What four things do the Organwise Guys tell you exercise is good for? (ANSWER: Strengthens bones, Gives muscles strength and tone, burns up calories, and helps the heart)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What are you supposed to drink when you are exercising? (ANSWER: Water)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

Optional Follow-up Activity:

- Visit www.organwiseguys.com for downloadable primary elementary and secondary elementary companion activity sheets.