

## LESSON TITLE: *OrganWise Guy/Gal*

**Grade Level:** All Ages; Suggested Pre-K-5

**Delivery Mode:** Classroom

**Time Allotted:** 20-minutes

**# Of Participants:** Class size: 10-30

**Life Skill:** Learning about the organs that live inside of you

**Character Focus:** Self-Responsibility

**Integrated Curriculum Concepts:**

- Language Arts: Active Listening and Responding
- Science: Human Anatomy and Physiology
- Social Studies: Developing self-help skills

**Key Concepts:**

- Learning about the organs and their functions
- Everyone is different on the outside, but the same on the inside
- Importance of physical activity
- Making healthy food choices
- Drinking plenty of water to keep organs healthy

**What you need for the Lesson:**

- OrganWise Guy/Gal

**Learning/Follow up Activity:**

- Class Discussion

**Getting Ready:**

- Familiarize yourself with the doll and The OrganWise Guys.
- Read the lesson plan script.

**Note to Helper:**

- Since OrganWise Guy/Gal can be used across a broad spectrum of ages, it is important to describe each organ at an age appropriate level. In the following script, you'll see, in some cases, a simpler explanation in **bold** for younger students.
- If the students are already familiar with The OrganWise Guys materials, challenge them to tell you what the function of each organ is and how to keep them healthy in addition to their names.
- The more animated you are and the more genuine your reaction is to how "smart" the students are, the more engaged the students will be.

**Lesson Plan:**

<b>What you Say:</b>	<b>What you Do:</b>	<b>What Participants Do:</b>
<p>Look around the room. Does anyone in here look exactly like you do? Well, as you can see, on the outside, everyone looks different. No two people are the same on the outside. Even identical twins have minor differences in them! You are going to learn today that despite being different on the outside, everyone has the same organs living inside of them and that you need to take care of them so you can live a long, healthy life!</p>	<p>N/A</p>	<p>Sit quietly and listen until interactive parts of lesson. Respond and participate as told by the teacher.</p>
<p>We have OrganWise Guy/Gal here to help teach you about the organs that you have living inside of you. How many of you knew that you had organs inside of you?</p>	<p>Show OrganWise Guy/Gal, but do not open her/him up yet</p>	<p>Respond and answer questions by raising hands.</p>
<p>These are The OrganWise Guys and all of you, (except in rare instances), have these living inside of you. Their motto is: “We love who we live in, so please take care of us!” I am going to talk a little more about each organ.</p>	<p>Open up the dress or overalls to reveal the organs.</p>	<p>Respond and participate as told by the teacher.</p>
<p>(If unfamiliar with The OrganWise Guys, follow this directly, otherwise see **)</p> <p>This is Hardy Heart. Your Hardy Heart pumps blood all over your body. Can you put your hand on your Hardy Heart and see if you can feel it beating?</p>	<p>Pull out each individual organ (in this case Hardy Heart) as you talk about it. Then replace it when you start talking about the next one.</p> <p>**If you have done lessons with The OrganWise Guys before, you can have the students guess which organ it is and its function**</p>	<p>Respond and answer questions by raising hands. Put hand on chest to try and feel their Hardy Heart.</p>
<p>This is Windy the lungs. She needs lots of fresh air and fruits and vegetables to stay happy. You want to make sure Windy stays healthy because she helps you get oxygen to every part of your body. Let’s all take a long, deep breath. Does anyone know what bad habit that some adults have that Windy dislikes the most? Why? (ANSWER: Smoking)</p>	<p>Put Hardy Heart back and pull out Windy the Lungs.</p> <p>Demonstrate taking a deep breath.</p> <p>Call on students who have raised their hands to answer the question.</p>	<p>Respond and answer questions by raising hands.</p>
<p>This is Peri Stolic. She is the last part of your digestive system. <b>This is the last place your food is before it leaves your body.</b> Peri Stolic absorbs a lot of the nutrients from the</p>	<p>Put Windy back and pull out Peri Stolic.</p>	<p>Respond and answer questions by raising hands.</p>

<p>food you eat for the body to use. You have to make sure Peri stays healthy by eating lots of fiber. Does anyone know what types of food are high in fiber? (ANSWER: fruits, veggies, whole grain bread, Raisin Bran, etc.)</p>		
<p>This is Pepto the stomach. Pepto makes juices to help digest the food that you eat. One of the main juices is called “pepsin”. Pepto has muscles inside to help mash the food, and it is where the food goes when you first eat it. <b>This is Pepto the stomach. This is where you food goes when you first eat it.</b></p>	Put Peri back and pull out Pepto the Stomach.	Respond and answer questions by raising hands.
<p>This is Luigi Liver. Luigi uses the food that you eat to build a healthier body and also works hard to get rid of any poisons in the body. <b>This is Luigi Liver. He is like the director in your body. He directs all of The OrganWise Guys to work well together.</b></p>	Put Pepto back and pull out Luigi Liver.	Respond and answer questions by raising hands.
<p>These are the Kidney Brothers, Sid and Kid. Can anyone guess what their favorite drink is? (ANSWER: Water) They are like a water treatment plant so they need a lot of water to run smoothly.</p>	Put Luigi back and pull out the Kidney Brothers.	Respond and answer questions by raising hands.
<p>This is Peter Pancreas. Peter helps keep the blood sugar levels in your body under control. <b>This is Peter Pancreas. He bounces off the wall if the body he lives in eats too much sugar.</b></p>	Put the Kidney Brothers back and pull out Peter Pancreas.	Respond and answer questions by raising hands.
<p>This is Calci M. Bone. Does anyone want to guess how many bones are inside your body? (ANSWER: 206). Drinking milk and eating calcium-rich foods helps keep Calci M. Bone strong.</p>	Put Peter Pancreas away and pull out Calci M. Bone.	Respond and answer questions by raising hands.
<p>This is Madame Muscle, who is not really an organ, but a very important part of your body. You will use Madame when you try to lift heavy objects.</p>	Put Calci away and pull out Madame Muscle. Flex your arm muscle as a clue.	Respond and answer questions by raising hands.
<p>And last, but not least, this is Sir Rebrum, the brain. He is a lot like a computer because he controls the rest of the body through nerves. What should you do every morning to get your Sir Rebrum off to a good start?</p>	Put Madame away and pull out Sir Rebrum.	Respond and answer questions by raising hands.

(ANSWER: Eat Breakfast)		
What are four rules that will keep all The OrganWise Guys happy? (ANSWER: Eat low-fat foods, Eat a high-fiber diet, Exercise regularly, and Drink lots of water)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Now would someone like to take the challenge of coming up and naming all of the organs in OrganWise Guy/Gal?	Call on students who have raised their hands to answer the question. (Give a couple of kids a try)	Respond and answer questions by raising hands.