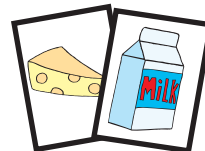
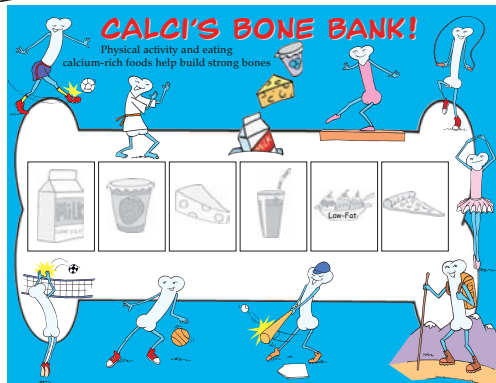
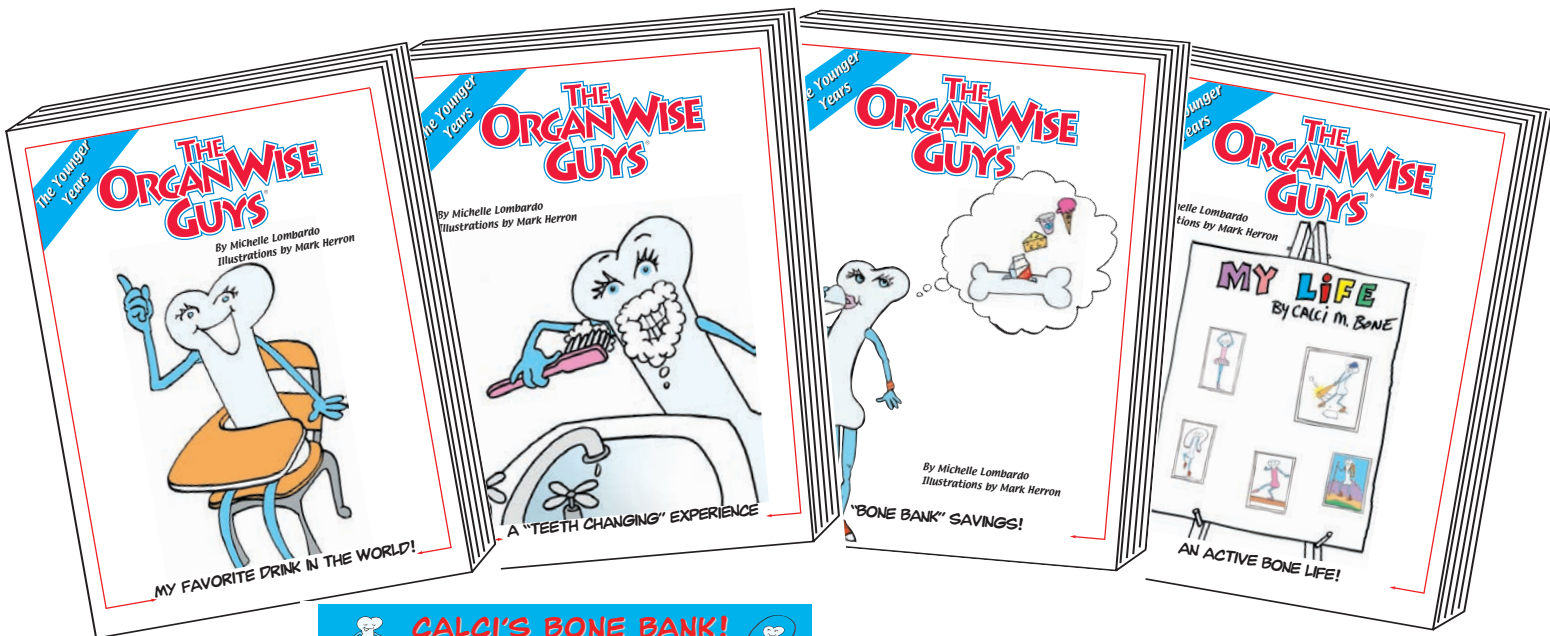




## Educator Lesson Plans

The OrganWise Guys® Younger Years

# Calci M. Bone Kit



[www.organwiseguys.com](http://www.organwiseguys.com)

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### *Calci M. Bone® Kit Instructions*

#### ***Key Nutrition/Health Concepts:***

- ***Identifying calcium-rich foods***
- ***Importance of calcium-rich foods for bone health***
- ***Importance of physical activity for bone health***
- ***Importance of dental health for long-term nutritional health***

This kit contains a Calci M. Bone educational tool, four soft cover books and a “Calci’s Bone Bank” card game. This series is designed to be used on a regular basis with a new book being read to the students each week. The goal is to get the students actively involved and enthused to take care of their “OrganWise Guys.” The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be. Depending on the size of the group, you may wish to have them gather around in a reading area as you read aloud and show illustrations.

The instructions for “Calci’s Bone Bank!” are on the back of the placemat. This can be done in the classroom centers to reinforce the importance of eating a calcium-rich diet to keep bones strong. The plush Calci Educational Tool can be used to remind students to make a calcium-rich food choice at lunch, get plenty of physical activity at recess, etc.

After you read the book, a follow up activity is suggested. During the week you can assign companion activities contained in their very own “Younger Years” activity book, which can be purchased separately. (This book remains in each student’s desk to be used throughout the 12-week series). It has activities for Hardy’s, Calci’s, and Windy’s kit). These nutrition and physical activity lessons are integrated into core curriculum objectives for easy implementation into your school day.

LESSON TITLE: ***My Favorite Drink in the World!***

**Grade Level:** Pre-K/K-2

**Delivery Mode:** Classroom

**Time Allotted:** 20 minutes

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

**Life Skill/Nutrition:** Identifying calcium-rich foods

**Character Focus:** Dealing with jealousy

**Integrated Curriculum Concepts:**

- Language Arts: Active Listening
- Health Science: Nutrition as it relates to healthy living
- Social Studies: Developing self-help skills

**Key Concepts:**

- Importance of calcium-rich foods for bone health
- Identifying calcium-rich foods

**What you need for the Lesson:**

- *My Favorite Drink in the World!*
- Calci M. Bone Educational Tool
- The Calcium Match-Up Game
- Companion Activity Book (*Optional*)

**Learning Activity:**

- The Calcium Match-Up Game
- Companion Book Activities pgs. 15 and 16 (*Optional*)

**Getting Ready:**

- Read and familiarize yourself with the book.
- Make a copy of the Calcium Match-Up page (back of book). You may wish to enlarge the pictures. Cut out and laminate (*optional*) each of the items.
- Read the instructions for the “variation” of the game to be used for larger groups.

**Note to Helper:**

- The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be.
- Depending on group size, you may wish to have them gather around in a reading area as you read aloud and show illustrations.

**Lesson Plan:**

<b>What you Say:</b>	<b>What you Do:</b>	<b>What Participants Do:</b>
Today we are going to start learning about “bone health.” Here to teach you about it is none other than, Calci...Calci M. Bone!	Hold up the Calci M. Bone stuffed character.	Sit quietly and listen until interactive parts of book.
<b>Make sure and pay attention to all of the “bone-healthy” foods in the book.</b> I might ask you about them later!	Sit Calci next to you and read the book. (WITH ENTHUSIASM!)	Sit quietly & listen while book is read.
How many bones are in your body? Do you remember what Calci said? (ANSWER: 206!!)	Call on students to give the answers to the question.	Respond and answer questions by raising hands.
<b>Raise your hands if you ate a calcium-rich food for breakfast this morning!</b>	Call on about five students to tell you what calcium-rich food they ate for breakfast.	Respond and answer questions by raising hands.
Now we are going to play a little game. <b>When I pass Calci to you, you must name a “bone-healthy” food.</b>	Have the student that catches Calci name a “bone-healthy” food. Have them pass it back to you and you can toss it to another student. Play for about 3-5 minutes.	Respond and answer questions from the teacher.
<b>Follow Up Activity: The Calcium Match-Up Game</b>	Follow instructions of The Calcium Match-Up Game for either a small or large group depending on your group size. Encourage a lot of movement.	Should be actively involved in the activity.

**Optional Follow-up Activities:**

- Use pgs. 15 and 16 in the Companion Activity Book

## LESSON TITLE: ***“Bone Bank” Savings!***

**Grade Level:** Pre-K/K-2

**Delivery Mode:** Classroom

**Time Allotted:** 20 minutes

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

**Life Skill/Nutrition:** Identifying calcium-rich foods

**Character Focus:** Self-Responsibility

**Integrated Curriculum Concepts:**

- Language Arts: Active Listening
- Math: Developing concept of money
- Science: Unifying concepts and processes and Anatomy
- Social Studies: Developing self-help skills

**Key Concepts:**

- Identifying calcium-rich foods
- Importance of a calcium-rich diet for long term bone health
- Making healthy food choices

**What you need for the Lesson:**

- “Bone Bank” Savings!
- Calci M. Bone Educational Tool
- Bone Bank Savings for classroom wall
- Copy of last page of book for each student
- Companion Activity Book (*Optional*)

**Learning Activity:**

- Calci’s Classroom Bone Bank (Look at end of book)
- Companion Book Activities pgs. 17 and 18 (*Optional*)

**Getting Ready:**

- Read and familiarize yourself with the book.
- Make multiple copies of the last page of the book. (One for each student)
- Read the instructions for making a large classroom “Bone Bank.” Use large white bulletin board paper and draw outline of Calci’s Bone Bank.

**Note to Helper:**

- The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be.
- Depending on group size, you may wish to have them gather around in a reading area as you read aloud and show illustrations.

**Lesson Plan:**

<b>What you Say:</b>	<b>What you Do:</b>	<b>What Participants Do:</b>
Today we are going to learn a very important lesson about starting a savings plan for your life. Are you ready? Listen carefully so you can answer some questions at the end!	Sit Calci next to you and read the book. (WITH ENTHUSIASM!)	Sit quietly and listen while teacher reads the book.
How many of you have a bank and save money at home?	Give students a chance to raise their hands.	Respond and answer questions by raising hands.
How many of you receive an allowance at home? What are you saving your money for?	Give students a chance to raise their hands.	Respond and answer questions by raising hands.
Did you know that you had a “bone bank” inside of you? How many of you plan to start saving in your “bone bank” now?	Give students a chance to raise their hands.	Respond and answer questions by raising hands.
<b>What kinds of food should you eat to start storing in your “bone bank”?</b>	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
<b>Follow Up Activity:</b> <b>Calci M. Bone Classroom Bone Bank</b>	Hand out a copy of the activity sheet to each student. Tape the classroom “Bone Bank” on a classroom wall. Follow activity instructions.	Should be actively involved in the activity.

**Optional Follow-up Activities:**

- Use pgs. 17 and 18 in the Companion Activity Book

## LESSON TITLE: *A “Teeth Changing” Experience!*

**Grade Level:** Pre-K/K-2

**Delivery Mode:** Classroom

**Time Allotted:** 20 minutes

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

**Life Skill/General Health:** Good dental hygiene

**Character Focus:** Developing self-discipline

**Integrated Curriculum Concepts:**

- Language Arts: Active Listening
- Math: Counting
- Health Sciences: Healthy Living
- Social Studies: Developing self-help skills

**Key Concepts:**

- Importance of dental health for long term nutritional health
- Identifying calcium-rich foods

**What you need for the Lesson:**

- *A “Teeth Changing” Experience!*
- Calci M. Bone Educational Tool
- Copies of handouts (from last two pages of book) for each student
- Companion Activity Book (*Optional*)

**Learning Activity:**

- Calci’s Weekly Tooth brushing Chart (back of book)
- Companion Book Activities pgs. 19 and 20 (*optional*)

**Getting Ready:**

- Read and familiarize yourself with the book.
- Make multiple copies of the last 2 pages of the book (one of each page per student).

**Note to Helper:**

- The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be.
- Depending on group size, you may wish to have them gather around in a reading area as you read aloud and show illustrations.

**Lesson Plan:**

<b>What you Say:</b>	<b>What you Do:</b>	<b>What Participants Do:</b>
Today, Calci is going to tell you a story about why it is so important to take care of your teeth! Listen up because I am going to ask some questions after Calci is done with her story.	Sit Calci next to you and read the book. (WITH ENTHUSIASM!)	Sit quietly and listen while teacher reads the book.
How many times a day do you brush your teeth?	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
How many times a day does Calci tell you to brush your teeth and when?	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Have any of you ever seen “dentures” before? Tell me what you have to do so that you keep all your teeth in your mouth.	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
<p><b>Additional Nutrition Concepts:</b>            What two calcium-rich foods did Grandma serve with her homemade apple pie? (see page 5)</p> <p>On page 7 in the book, Calci dressed up for Halloween as a milk carton. Why do you think she likes milk so much?</p> <p>Why do you think it is so important to take care of your teeth now while you are young? Name some healthy fruits and veggies that would be hard to eat if you didn’t have teeth when you get older.</p>	Call on students who have raised their hands to answer the question.	Should be actively involved in the activity.
<p><b>Follow Up Activity:</b>  <b>Calci’s Weekly Tooth brushing Chart</b></p>	Explain how to use Calci’s Weekly Tooth brushing Chart at home this week and then have each student draw a picture of themselves in the “toothbrush” frame.	Should be actively involved in the activity.

**Optional Follow-up Activities:**

- Use pgs. 19 and 20 in the Companion Activity Book

## LESSON TITLE: *An Active Bone Life!*

**Grade Level:** Pre-K/K-2

**Delivery Mode:** Classroom

**Time Allotted:** 20 minutes

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

**Life Skill/General Health:** Learning the importance of physical activity and choosing calcium-rich foods for bone health

**Character Focus:** Developing Self-Confidence

**Integrated Curriculum Concepts:**

- Language Arts: Active Listening, Sharing Experiences and Information
- Science: Interdisciplinary learning activities involving daily life experiences
- Social Studies: Developing self-help skills

**Key Concepts:**

- Importance of a diet rich in calcium for bone health
- Importance of physical activity for bone health

**What you need for the Lesson:**

- *An Active Bone Life!*
- Calci M. Bone Educational Tool
- Copies of “Finding *Bone Healthy* Foods & Activities” Sheet (from last page in book)
- Companion Activity Book (*Optional*)
- *Calci’s Big Race* Video (*Optional*)

**Learning Activity:**

- Finding “Bone Healthy” Foods & Activities (see back of book)
- Companion Book Activity p. 21 (*Optional*)
- *Calci’s Big Race* Video (*Optional*)

**Getting Ready:**

- Read and familiarize yourself with the book.
- Make multiple copies of the last page in the book (one for each student).

**Note to Helper:**

- The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be.
- Depending on group size, you may wish to have them gather around in a reading area as you read aloud and show illustrations.

**Lesson Plan:**

What you Say:	What you Do:	What Participants Do:
Good morning/afternoon everyone! Before we get started, I'd like to know if you all made sure you brushed your teeth this morning? Today we will be learning about another health habit for you to do to keep your bones healthy.	Sit Calci next to you and read the book. (WITH ENTHUSIASM!) Prepare to approach the parts in the book where the kids will interact. As you are reading, have the students actually try to guess the activity Calci is describing by raising their hand to be called on. Then show the enlarged picture of Calci doing that activity.	Sit quietly and listen until interactive parts of book.
What is your favorite "bone-healthy" activity?	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What activities do you plan to do to keep your bones strong?	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Have you ever had to speak in front of a group? Were you nervous?	Call on students who have raised their hands to answer the question. May need to probe to see why they were speaking in front of a group.	Respond and answer questions by raising hands.
<b>Follow Up Activity:</b> <b>Finding "Bone-Healthy" Foods &amp; Activities</b>	Pass out the Finding "Bone-Healthy" Foods & Activities sheet for the students to complete. Follow the instructions on the sheet.	Should be actively involved in the activity.

<p><b>Additional Nutrition Concepts</b></p> <p>Can you name all of the calcium-rich foods that were on Calci M. Bone's favorite dress in the picture on page 7? (Show picture.)</p> <p>What are some of your favorite "calcium-rich" foods?</p> <p>What have you eaten today that has calcium in it?</p>	Call on students who have raised their hand to answer the question.	Should be actively involved in the activity.
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**Optional Follow-up Activities:**

- Use page 21 in the Companion Activity Book