



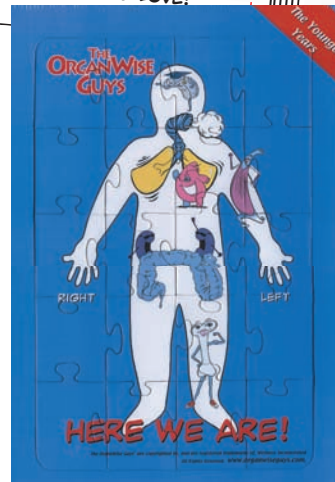
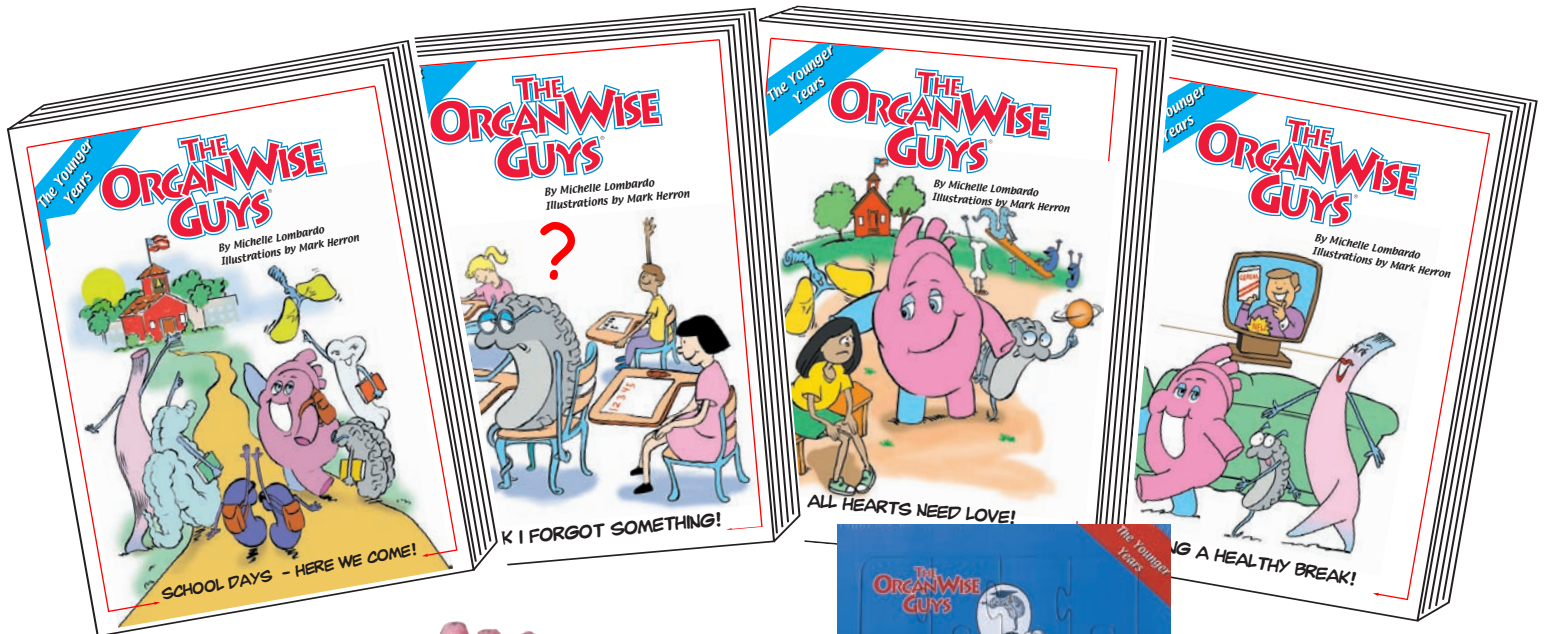
THE ORGANWISE GUYS



Educator Lesson Plans

The OrganWise Guys® Younger Years

Hardy Heart Kit



www.organwiseguys.com

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Hardy Heart® Kit Instructions

Key Nutrition/Health Concepts:

- *Personal responsibility for making healthy food choices*
- *Identifying healthy foods*
- *Importance of physical activity for heart health*
- *Reducing sedentary behavior (turning off the television)*

This kit contains a Hardy Heart educational tool, four soft cover books and an OrganWise Guys® puzzle. 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 puzzle can be used in the classroom centers, as a reward for completing seatwork early, etc. The Hardy Heart Educational Tool can be used to remind students to make healthy choices in the cafeteria at lunchtime, be kind to one another, 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: ***School Days -- Here We Come!***

Grade Level: Pre-K/K-2

Delivery Mode: Classroom

Time Allotted: 20 minutes

of Participants: Class size: 10-30

Life Skill: Facing Scary Situations

Character Focus: Self-Responsibility

Integrated Curriculum Concepts:

- Language Arts: Increase vocabulary and Active Listening
- Math: Counting
- Science: Unifying concepts and processes, Human anatomy; names and locations of organs
- Social Studies: Developing self-help skills

Key Concepts:

- Understanding that organs reside inside the human body
- Introduction to human anatomy and physiology concepts
- Importance of good nutrition for personal health (*see additional nutrition concepts below*)

What you need for the Lesson:

- *School Days -- Here We Come!*
- Hardy Heart Educational Tool
- OrganWise Guys Roll Call
- First Day of School! Activity (*Optional*)
- Companion Activity Book (*Optional*)

Learning/Follow up Activity:

- OrganWise Guys Roll Call
- First Day of School! Activity (*Optional*)
- Companion Book Activities pgs. 5 and 7 (*Optional*)

Getting Ready:

- Read and familiarize yourself with the book.
- Read the Roll Call instructions (second to last page of book)
- Make copies of First Day of School! Activity (*Optional* – last page of book)

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:
I have a book that is going to introduce you to a group of characters called The OrganWise Guys. You will be able to participate while I am reading so listen up!	Start reading book (with ENTHUSIASM!) Prepare to approach the parts in the book where the kids will interact.	Sit quietly and listen until interactive parts of book.
Read through entire book.	Follow the instructions from the book yourself so the students know to do the same thing.	Respond and participate as told by the teacher reading.
Once you have completed the book... Hey Kids! I have someone here that you would like to meet...Hardy Heart! Can you show me where your Hardy Heart is?	Introduce the plush Hardy to the students.	Respond and find their Hardy Hearts.
Follow up Activity: OrganWise Guys Roll Call Let's do one more OrganWise Guys roll call, to make sure they are all here! Try to find each one again in your body just like before. When you find it say, "Here!"	Have the kids stand up where they are.	Kids stand up and find all the organs as they are called out and then say "Here!" when they do find them.
Hardy Heart	Wait a few seconds for the kids to have a chance to find their hearts and then place hand on heart.	Put hand on heart and say "Here!" when they find it.
Madame Muscle	Wait a few seconds for the kids to find their arm muscle and then place hand on arm.	Put hand on bicep/arm and say "Here!" when they find it.
Sir Rebrum	Wait a few seconds for the kids to have a chance to find their Sir Rebrums and then place hand on head.	Put hand on head and say "Here!" when they find it.
The Kidney Brothers	Wait a few seconds for the kids to have a chance to find their Kidney Brothers and then place hands on lower back.	Put hand on lower back area and say "Here!" when they find it.
Windy the Lungs	Wait a few seconds for the kids to have a chance to find their Windys and then take deep breath and exhale.	Take deep breath in and say "Here!" when they exhale.
Calci M. Bone	Wait a few seconds for the kids to have a chance to find their shin and then place hand on shin.	Put hand on shin and say "Here!" when they find it.
Peri Stolic, the Intestines	Give the kids a chance to find their Peri Stolic and then place hand on belly button area.	Put hand on belly button area and say "Here!" when they find it.

<p><i>Additional Nutrition Concepts</i> After students have become acquainted with The OrganWise Guys, it's time to teach them about the favorite foods of each organ. One by one, talk about each OrganWise Guy and give clues as to the type of food they love and why.</p> <p>Calci M. Bone – She loves calcium-rich foods to help keep her strong. Can you guess what her favorite drink is? (Hint: it is white and is kept in the refrigerator.) What other foods do you think might help keep her strong?</p> <p>The Kidney Brothers – They are all about one type of drink in particular. It begins with the letter “w.” Can you guess what it is? Raise your hand if you love water.</p> <p>Peri Stolic – She loves fresh fruits and veggies because they are delicious and high in fiber! Let's see if we can make a list of at least 10 fruits and veggies. (Call on students and begin making a list.)</p> <p>Hardy Heart knows it's important to pick low-fat foods to stay healthy. I'll give you two foods and you tell me which is healthier:</p> <ul style="list-style-type: none"> • french fries or baked potato • pretzels or potato chips • fried chicken or baked chicken, etc. <p>Sir Rebrum, your brain, needs a healthy breakfast to get “thinking” every morning. Let's make a list of some healthy breakfast items. (Call on students to list items.)</p>	<p>Call on students who have raised their hand to answer the question.</p>	<p>Respond and answer questions by raising hand.</p>
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Optional Follow-up Activities:

- Hand out an OrganWise Guys Activity Book to each student. (Emphasize that this is their “personal, official OrganWise Guys book!”) Read through page one with the students and have them fill in their name and draw a picture of themselves next to Hardy.
- Use pgs. 5 and 7 in the Companion Activity Book

LESSON TITLE: *I Think I Forgot Something!*

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

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill: The importance of eating breakfast

Character Focus: Self-Responsibility and Thankfulness

Integrated Curriculum Concepts:

- Language Arts: Active listening, Responding, and Following Instructions
- Math: Counting
- Social Studies: Developing self-help skills

Key Concepts:

- The importance of eating breakfast daily
- Identifying healthy breakfast foods

What you need for the Lesson:

- *I Think I Forgot Something!*
- Hardy Heart Educational Tool
- The Breakfast Match-Up Game
- Companion Activity Book (*Optional*)

Learning Activity:

- The Breakfast Match-Up
- Companion Book Activities pgs. 9 and 10 (*Optional*)

Getting Ready:

- Read and familiarize yourself with the book.
- Make a copy of The Breakfast Match-Up page (back of book). You may wish to enlarge the pictures. 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:

What you Say:	What you Do:	What Participants Do:
Today we are going to learn a very important lesson about starting a healthy day. Are you ready? Make sure you listen up because I will be asking you some questions at the end of the book!	As you read the book (with ENTHUSIASM!), have the students follow along and actually do the activity while you count. For example, when Sir Rebrum jumps five times, have the students get up and jump as you count; when Sir Rebrum is discussing putting on his clothes, have the students act that out, etc.	Sit quietly and listen until interactive parts of book.
Read through entire book.	Encourage the kids to interact when they are supposed to.	Respond and participate as told by the teacher reading.
Once you have completed the book... Okay, I have a few questions for you all! Tomorrow when you wake up in the morning think of five good things in your life just like Sir Rebrum does each day. Do you think you can come up with five? Who would like to share something good in their life right now?	Call on about five kids to tell you about the good things in their lives. Tell them one good thing in your life as well, if you'd like to.	Respond and answer questions by raising hands.
What are some activities that Sir Rebrum does in the morning where he uses counting to make these things more fun? (ANSWERS: making bed, brushing teeth, jumping out of bed)	Call on kids to give the answers to the question.	Respond and answer questions by raising hands.
How many of you ate breakfast this morning? Raise your hand if you did. When I call on you, tell me what you ate and if you think it was a healthy choice.	Wait for them to raise hands.	Respond by raising hands.
Follow Up Activity: The Breakfast Match-up Game	Follow instructions for The Breakfast 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. 9 and 10 in the Companion Activity Book
- If you have a copy of *Breakfast Skippin' Blues* video, it is a great way to enhance this lesson. (Approximately 17 minutes in length)

LESSON TITLE: *All Hearts Need Love!*

Grade Level: Pre-K/K-2

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill: The importance of “heart health”

Character Focus: Self-Responsibility and Kindness

Integrated Curriculum Concepts:

- Language Arts: Active listening, Responding, and Following Directions
- Math: Counting
- Science: Exercise Physiology
- Social Studies: Developing self-help skills

Key Concepts:

- Importance of physical activity
- Identifying iron-rich foods for blood health (*see additional nutrition concepts below*)

What you need for the Lesson:

- *All Hearts Need Love!*
- Hardy Heart Educational Tool
- Looking for a Healthy Heart Activity
- Cut out of Hardy Heart from back of book
- Masking Tape
- Companion Activity Book (*Optional*)

Learning Activity:

- Looking for a Healthy Heart Game
- Companion Book Activities pgs. 11 and 12 (*Optional*)

Getting Ready:

- Read and familiarize yourself with the book.
- Read instructions for Looking for a Healthy Heart Activity (the last page of the book).
Cut out Hardy Heart. You may want to laminate him.

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:
Today we are going to learn a very important lesson about your heart. Can everyone show me where their Hardy Heart is? Okay, now everyone listen very carefully because I will be asking some questions after the story.	Pull out the plush Hardy Heart.	Put hand over their Hardy Heart.
Start reading the book.	As you read the book, have the students do the Hardy Heart Pump Up! Activity while counting to get their heart pumping. Encourage a lot of movement and energy.	Sit quietly and listen until interactive parts of book.
Once you have completed the book... Okay, can everyone stand up and put their hand on their hearts and say the pledge of allegiance just like Hardy?	Stand up and face the flag with your hand on heart and lead the kids in the pledge.	Stand up, face the flag and put hands over heart and recite the pledge.
Who can tell me what Hardy Heart's main job is? (ANSWER: pump blood to every body part)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Did you know you could feel your Hardy Heart at work pumping blood? Put your hand over your heart and see if you can feel it beating. Do you feel it?	Encourage the students to continue to move their hands until they can feel it beating.	Put their hand over their heart to feel it beating.
What types of activities will get your Hardy Heart pumping fast? (ANSWER: run, jump, hop, arms up, etc.)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Everyone looks different on the outside, but the same on the inside. What do all hearts need? (ANSWER: Love!!)	Encourage the class to remember Maria from the book and what she needed to feel better about being the new student.	Respond and answer questions by raising hands.
Additional Nutrition Concept Discuss with children the importance of iron for blood health. Bring in samples of iron-rich foods. Ask children to identify them. Examples of iron-rich food items are iron-fortified cereal, whole grain bread, oatmeal, sunflower seeds, green leafy vegetables, etc.	Call on students who have raised their hands to answer the question.	Call on students who have raised their hands to answer the question.
Follow up Activity: Looking for a Healthy Heart	Follow instructions for <i>Looking for a Healthy Heart</i> activity.	

Optional Follow-up Activities:

- Use pgs. 11 and 12 in the Companion Activity Book

LESSON TITLE: ***Taking a Healthy Break!***

Grade Level: Pre-K/K-2

Delivery Mode: Classroom

Time Allotted: 20 minutes (34 minutes if video is used)

Of Participants: Class size: 10-30

Life Skill: The importance of being physically active

Character Focus: Self-Responsibility, Choices, and Moderation

Integrated Curriculum Concepts:

- Language Arts: Active Listening, Responding, and Following Instructions
- Math: Counting and Patterns
- Science: Exercise Physiology
- Social Studies: Developing self-help skills

Key Concepts:

- Importance of reducing sedentary behavior and increasing physical activity
- Making healthy snack choices (*see additional nutrition concepts below*)

What you need for the Lesson:

- *Taking a Healthy Break!*
- Hardy Heart Educational Tool
- Healthy Fitness School Break Activity
- Companion Activity Book (*Optional*)

Learning Activity:

- Healthy Fitness School/Commercial Break
- Companion Book Activities pgs. 13 and 14 (*Optional*)

Getting Ready:

- Read and familiarize yourself with the book.
- Read instructions for Healthy Fitness School/Commercial Break (last pages of book).
- Cut out items, laminate (*optional*) and put in container so cards can be drawn at random

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:
Today we are going to learn a very important lesson about.... can you guess? (Pause while pulling out doll.) That's right, Hardy Heart!	Pull out the Hardy Heart plush doll. Let kids try and come up with which character it is.	Guess which character the lesson is going to be about.
Listen carefully because you are going to be able to stand up and move around later in the story! Start reading the book.	As you read the book, have the students follow along and actually do the physical activity with the "guys."	Sit quietly and listen until interactive parts of book.
Everyone put your hand over your Hardy Heart...can you feel it beating? Your Hardy Heart is pumping very fast right now because it loves it when you exercise.	Put your hand over your Hardy Heart.	Put their hands over their Hardy Heart.
Additional Nutrition Concepts Of course we all watch television at times, especially on rainy days. Raise your hand if you sometimes snack while watching TV. You need to know how to make healthy choices when it comes to snacking.	Bring in samples of healthy, low-fat snacks and some high-fat snacks that should be limited. Talk to the children about the amount of fat in the snacks. This would be a good lead into the <i>Healthy Commercial</i> follow-up activity below.	Respond and answer questions by raising hand.
Follow Up Activity: Healthy Commercial/Fitness School Break	Follow instructions of Healthy Fitness School Break and call on some students to do some healthy commercials. You may need to coax the students with some probing questions about the healthy "fruit, veggie or favorite sport activity" commercial. *Give the kids about five minutes to come up with their commercials.	Follow instructions from teacher and create commercials to share with the class.

Optional Follow-up Activities:

- Use pgs. 13 and 14 in the Companion Activity Book
- If you have a copy of *Extreme Couch Potato* video, it is a great way to enhance this lesson. (Approximately 14 minutes in length)