



THE ORGANWISE GUYS



Educator Lesson Plans

The OrganWise Guys® Younger Years

Madame Muscle Kit



www.organwiseguys.com

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Madame Muscle® Kit Instructions

Key Nutrition/Health Concepts:

- *Personal responsibility for making healthy food and physical activity choices*
- *Learning the physical activity aspect of MyPyramid*
- *Learning to build nutritious meals with the family*

This kit contains a Madame Muscle 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 plush Madame Muscle Educational Tool can be used to remind students to make healthy decisions when it comes to food and physical activity.

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 Sir Rebrum’s, Madame Muscle’s, and Kidney Brothers/Peri Stolic’s kits). These nutrition and physical activity lessons are integrated into core curriculum objectives for easy implementation into your school day.

LESSON TITLE: *Poetry in Motion*

Grade Level: Pre-K/K-2

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill: Understanding how physical activity and nutrition can help creative thinking

Character Focus: Self-Responsibility, Creativity

Integrated Curriculum Concepts:

- Nutrition: Eating fresh fruit and healthy foods to fuel the brain
- Language Arts: Active Listening, Rhyming, Ways to alleviate writer's block
- Health Science: Understanding the importance of exercise and food for energy
- Social Studies: Developing self-help skills

Key Concepts:

- Importance of physical activity
- Making healthy food choices

What you need for the Lesson:

- *Poetry in Motion*

Learning Activity:

- Poetry in Motion Break

Getting Ready:

- Read and familiarize yourself with the book.
- Read instructions for Poetry in Motion Break (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:
Today we are going to meet a new OrganWise Guy character named Madame Muscle. Madame Muscle is all about getting plenty of exercise to stay healthy. Listen closely, I may ask some questions about the book.	Hold up the Madame Muscle character to the class and then sit her next to you as you read the book (WITH ENTHUSIASM!).	Sit quietly and listen until interactive parts of book.
Let's get started!	As you read the book, have the students follow along and answer any questions or interact if they are supposed to.	Sit quietly and listen until interactive parts of book.
What does Madame Muscle struggle with at the beginning where she just can't think of anything to write? (ANSWER: Writer's Block)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What does Sir Rebrum suggest she do to help her focus and get some energy? (ANSWER: Eat some fresh fruit)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What else does Madame Muscle do for a brain break? (ANSWER: She goes outside for exercise, fresh air and fun.)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What does Madame Muscle do the morning of her presentation to make sure she has energy? (Answer: Eats a healthy breakfast and walks to school)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Follow Up Activity: Poetry in Motion Break	Follow instructions on the activity sheet. Encourage a lot of movement.	Should be actively involved in the activity.

Optional Follow-up Activities:

- Use pgs. 13 and 14 in the Companion Activity Book

LESSON TITLE: *A Family Meal Plan*

Grade Level: Pre-K/K-2

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill: Learning that doing household chores can be fun, “family time”

Character Focus: Self-Responsibility

Integrated Curriculum Concepts:

- Nutrition: Understanding the importance of making low-fat food choices
- Language Arts: Active Listening
- Social Studies: Developing self-help skills

Key Concepts:

- Making healthy food choices
- Participating in meal time

What you need for the Lesson:

- *A Family Meal Plan*
- Copies of follow up activity: Your “family meal” plan!

Learning Activity:

- Your “family meal” plan!

Getting Ready:

- Read and familiarize yourself with the book.
- Read instructions for Your “family meal” plan! (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:
Today we are going to hear from Madame Muscle again! Listen closely because I am going to ask you some questions after the story.	Sit Madame Muscle next to you as you read the book (with ENTHUSIASM!)	Sit quietly and listen until interactive parts of book.
Let's get started!	As you read the book, have the students follow along and answer any questions or interact if they are supposed to.	Sit quietly and listen until interactive parts of book.
What did Madame Muscle eat for a healthy afternoon snack? (ANSWER: Grapes, strawberries, and yogurt)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What did everyone always remember to do before eating the "family meal?" (ANSWER: Wash their hands)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What healthy vegetable was called "trees?" (ANSWER: Broccoli)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Do any of you have anything like a family meal plan at your house? (If yes, have them go into further detail!) (Answer: Varies)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Follow Up Activity: Your "family meal" plan!	Pass out copies of Your "family meal" plan!" to each student for them to complete. Follow activity instructions.	Follow instructions from teacher and draw a picture of their family enjoying a "family meal" plan.

Optional Follow-up Activities:

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

LESSON TITLE: *An Active Role Model*

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

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill: Understanding what is involved in successfully attaining a goal.

Character Focus: Self-Responsibility, Hard Work, Persistence, Goal-Setting, and Team Work

Integrated Curriculum Concepts:

- Language Arts: Active Listening
- Health Science: Understanding that physical activity is important for a healthy body
- Social Studies: Developing self-help skills

Key Concepts:

- Importance of physical activity
- Making healthy food choices
- Drinking plenty of water
- Perseverance

What you need for the Lesson:

- *An Active Role Model*
- Copies of follow up activity: You as an *Active Role Model!*

Learning Activity:

- You as an *Active Role Model!*

Getting Ready:

- Read and familiarize yourself with the book.
- Read instructions for “You as *An Active Role Model!*” (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:
Today we are going to hear from Madame Muscle again! Listen closely; I am going to ask you some questions after the story.	Sit Madame Muscle next to you as you read the book (with ENTHUSIASM!)	Sit quietly and listen until interactive parts of book.
Let's get started!	As you read the book, have the students follow along and answer any questions or interact if they are supposed to.	Sit quietly and listen until interactive parts of book.
What are the rules of <i>P</i> ? (ANSWER: 1. Get <i>plenty</i> of physical activity, 2. <i>Practice</i> hard, 3. <i>Picture</i> yourself reaching your goal)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What healthy snack did the soccer team eat after the first game? (ANSWER: Orange slices)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What beverage should you drink after a soccer game or any physical activity? (ANSWER: Water)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What was the other " <i>P</i> " word that Molly's dad had for her when she was discouraged? (Answer: He <i>promised</i> her that if she worked hard that she would eventually score a goal)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
After Molly scored her goal what was another " <i>P</i> " word used by her dad? (ANSWER: <i>Proud</i>)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is an active role model? (ANSWER: Someone who other kids look up to for leadership and support)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is the most important meal of the day that helps get you energized for a soccer game? (ANSWER: Breakfast)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Follow Up Activity: You as an Active Role Model!	Pass out copies of "You as an <i>Active Role Model!</i> " to each student for them to complete. Follow activity instructions.	Follow instructions from teacher and draw a picture of them being an active role model in the physical activity they enjoy best.

Optional Follow-up Activities:

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

LESSON TITLE: *MyPyramid Activities*

Grade Level: Pre-K/K-2

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size: 10-30

Life Skill: Understanding the physical activity aspect of MyPyramid.

Character Focus: Self-Responsibility

Integrated Curriculum Concepts:

- Nutrition: Understanding that MyPyramid offers healthy food recommendations
- Language Arts: Active Listening, Responding
- Health Science: Understanding the importance of balancing healthy foods with physical activities
- Social Studies: Developing self-help skills

Key Concepts:

- Importance of physical activity
- Making healthy food choices
- Drinking plenty of water

What you need for the Lesson:

- *MyPyramid Activities*

Learning Activity:

- *MyPyramid Activities* – You give the clues!

Getting Ready:

- Read and familiarize yourself with the book.
- Read instructions for *MyPyramid Activities* – You give the clues! (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:
How many of you have seen this?	Point to the MyPyramid on the front of the book.	Respond and answer questions by raising hands.
Today we are going to hear from Madame Muscle again! Listen closely because I am going to ask you some questions after the story.	As you read the book, have the students interact if they are supposed to. Sit Madame Muscle next to you & read the book. (Enthusiastic!)	Sit quietly and listen until interactive parts of book.
What do the stairs represent on the new MyPyramid Guide? (ANSWER: Importance of incorporating physical activity into your life and how it is part of a healthy lifestyle.)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What do you need to balance with your physical activity in order to stay healthy? (ANSWER: The amount and types of food you eat)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What should you drink plenty of when you are doing something active? (ANSWER: Water)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What high-fiber food items are grown in a garden? (Answer: Fruits and vegetables)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Does anyone have a garden in his or her backyard? If so what types of fruits and veggies are growing in it?	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What kinds of physical activities do you enjoy? (ANSWER: Varies)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Follow Up Activity: MyPyramid Activities—You give the clues!	Follow instructions on the activity sheet. Encourage a lot of movement.	Should be actively involved in the activity.

Optional Follow-up Activities:

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