

LESSON TITLE: *A Healthy Victory!*

GLE Text and Benchmarks:
(Includes Book and Follow Up Activity)

GLE # Mathematics

07	(PK-CM-M1) (M-2-E) Use words such as <i>day, week, month, schedule, morning, noon, night</i> .
13	(M-1-E) (M-2-E) (M-5-E) Use vocabulary such as: <i>yesterday, today, tomorrow, hours, weeks</i> , names of days, names of months; sequence events; and identify calendars and clocks as objects that measure time.

GLE # English Language Arts

06	(PK-LL-R4) (ELA-1-E4) Relate pictures to characters.
09	(PK-LL-S3) (PK-LL-R4) (ELA-1-E5) Answer simple questions about a story read aloud.
10	(PK-LL-L1) (PK-LL-S1) (ELA-1-E6) Share related life experiences after stories are read aloud.
19	(PK-LL-W2) (PK-LL-W4) (ELA-2-E6) Scribble, write or draw a picture of a life experience or response to a text read aloud.
29	(PK-LL-S1) (PK-SE-C1) (ELA-4-E7) Recognize and follow agreed-upon rules for discussing, such as raising one's hand, waiting one's turn, and speaking one at a time.
21	(ELA-2-E2) Use illustrations, developmental/inventive spelling, and appropriate vocabulary to write for a specific purpose and/or audience.
12e	(ELA-1-E4) Identify story elements, including problems and solutions.
45a	(ELA-4-E5) Give oral responses, including telling stories and personal experiences.
21c	(ELA-7-E4) Apply basic reasoning skills: connecting what is learned to real-life situations.

GLE # Science

29	(LS-E-A3) Describe basic functions of parts of the body (e.g., lungs, heart, bones, muscles).
58	(SE-E-A3) (SE-E-A5) Describe how humans have had negative and positive effects on organisms and their environments.

Grade Level: Pre-K/K-2

Delivery Mode: Classroom

Time Allotted: 20 minutes

Of Participants: Class size; 10-30

Life Skill/General Health: The importance of a smoke-free environment

Character Focus: Identifying problems and determining solutions

Integrated Curriculum Concepts:

- Language Arts: Gaining information from individuals who share their knowledge
- Science: Participate in learning activities involving daily life experiences

- Social Studies: Developing social awareness and problem-solving skills and identifying the need for rules (policy)

Key Concepts:

- Importance of physical activity
- Making healthy food choices

What you need for the Lesson:

- *A Healthy Victory!*
- Windy the Lungs Educational Tool
- Copies of My Healthy Victory Activity Sheet
- Companion Activity Book (*Optional*)

Learning Activity:

- My Healthy Victory Activity Sheet
- Companion Book Activities pgs. 23 and 24 (*Optional*)

Getting Ready:

- Read and familiarize yourself with the book.
- Make multiple copies of the last page of 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:
Let’s take a moment and give our lungs some fresh air.	Do a couple of deep breaths with the class.	Take in a couple of deep breaths following the lead of the teacher.
This week there is a mystery to figure out! Make sure you pay close attention because I am going to be asking you some questions after the story.	Sit Windy next to you as you read the book (WITH ENTHUSIASM!) As you read the book, be sure to point out “the healthy lunch they are eating in the school cafeteria” as well as the “veggie pizza” at the restaurant.	Sit quietly & listen while the teacher reads the book.
Do any of you know someone with asthma?	Listen to response of the students.	Respond and answer questions by raising hands.
Do you think Windy and her friends are glad that this healthy restaurant will now be a No-Smoking one?	Listen to response of the students.	Respond and answer questions by raising hands.
What were some of the healthy foods that were being served for lunch in the cafeteria? (ANSWER: carrots, peas, apple, etc.)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

<p><i>Follow Up Activity:</i> <i>My Healthy Victory Activity Sheet</i></p>	<p>Pass out My Healthy Victory activity sheet for the students to complete. Follow the instructions on the sheet.</p>	<p>Should be actively involved in the activity.</p>
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Optional Follow-up Activity (if using companion activity books):

- Use pgs. 23 and 24 in the Companion Activity Book