

LESSON TITLE: *An Active Bone Life!*

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>
----	---

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.
24	(PK-LL-L2) (ELA-4-E2) Follow one- and two-step verbal and nonverbal directions.
26	(PK-LL-S3) (ELA-4-E4) Speak about life experiences or topics of interest.
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.
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

15	(PK-CS-P3) (PS-E-B3) Demonstrate motion by using students' own bodies.
34	(LS-E-A1) Describe what the human body needs to grow and be healthy.

Grade Level: Pre-K/K-2

Delivery Mode: Classroom

Time Allotted: 20 minutes (32 minutes with video)

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 physical activity
- Making healthy food choices

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 (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.
Follow Up Activity: Finding "Bone-Healthy" Foods & Activities	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.

Author: Dr. Michelle Lombardo

Illustrator: Mark Herron

Acknowledgements: A special thank you to Nutrition Specialists: Vickie L. James, RD, LD and Paula Mydlenski, MS, RD, CDN, for their review and contribution to this book.

Optional Follow-up Activities (if using companion activity books):

- Use p. 21 in the Companion Activity Book
- If you have a copy of *Calci's Big Race* video, it is a great way to finish up this lesson. (approximately 14 minutes in length)