

## ***Calci M. Bone® Kit Instructions***

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. (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.