

LESSON TITLE: ***I Think I Forgot Something!***

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

GLE # Mathematics

04	(PK-CM-N5) (N-1-E) (N-3-E) Identify numerals 1 to 5.
05	(PK-CM-N1) (N-3-E) (N-7-E) Compare sets of objects using the words <i>same/different</i> and <i>more/less/fewer</i> .
07	(PK-CM-M1) (M-2-E) Use words such as <i>day, week, month, schedule, morning, noon, night</i> .
13	(PK-CM-P1) (PK-CM-P2) (P-1-E) (P-3-E) Recognize and copy repeated patterns (e.g., concrete objects, songs, rhymes, and body movements).

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.
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.
21c	(ELA-7-E4) Apply basic reasoning skills: connecting what is learned to real-life situations.

GLE # Science

34	(LS-E-A1) Describe what the human body needs to grow and be healthy.
42	(LS-E-A6) Describe the relationship between eating habits and maintaining a healthy body.

Grade Level: Pre-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:

- Importance of physical activity
- Making healthy food choices

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 things that Sir Rebrum does in the mornings 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.	Wait for them to raise hands.	Respond by raising hands.
<i>Follow Up Activity: The Breakfast Match-up Game</i>	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.

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

- Use pgs. 9 and 10 in the Companion Activity Book

