

Arts & Crafts: Make Your Own

Help your class get to know the OrganWise Guys this month by making their own “organs”! As pictured below, all of the students in one Smart Bodies class made anatomy vests. This craft is easy and fun to make while providing a fun science lesson for you and your students!

- Simply print out pictures of each organ, and make a copy for each student.
- Have the students color the organs and cut them out.
- Paste them onto a sheet of large paper, and tie a ribbon through the top of the paper so that it can hang around the child’s neck.
- Once the kids are done, you can talk about what each organ does. This will help the children visualize what goes on inside of their bodies.



BODY WALK



THE ORGANWISE GUYS

For program information, please visit our website at:

www.smartbodies.org



Get Fit—And Get Things Done!

Exercising with an Active Schedule

During this time of the year, an afternoon walk is enjoyable. Try these tips to make the most of it:

- ✚ Get a small group of teachers together after school and walk for about 30 minutes as your body winds down after a busy day.

OR...

- ✚ Take a short walk at home with your family or a neighbor before the sun goes down. It will help you relax and will help your kids focus on their homework and sleep better.

Set a goal to do this about three times a week. You will be amazed by how relaxing a walk can be after a hectic day!



Healthy Hints

Quick Tips for Becoming and Staying Healthy

Eat breakfast. You have probably heard that breakfast is the most important meal of the day. It's true! Get a jump start on your day by grabbing a piece of fruit or toast, drinking a glass of 100% fruit juice, or enjoying a bowl of cereal with low fat or fat free milk.



Super Moist Pumpkin Bread

Ingredients

- 1/2 stick unsalted butter
- 1/2 cup sugar
- 1 large egg
- 1/2 cup canned pumpkin
- 1/4 cup nonfat, plain yogurt
- 1/4 cup honey
- 1 teaspoon vanilla extract
- 1 cup flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground allspice

Instructions

1. Preheat oven to 350°F. Spray a bread pan with nonstick cooking spray.
2. In the bowl of an electric mixer, beat together the butter and sugar on high speed until smooth. With the mixer on low speed, add the egg and combine. Add the pumpkin, yogurt, honey, and vanilla; combine until smooth.
3. In a separate bowl, combine the flour, baking powder, cinnamon, salt, ginger, and allspice. Fold this mixture into the pumpkin mixture and combine until smooth.
4. Pour into the prepared pan and place in the center of the oven. Bake for 45 to 50 minutes or until a toothpick inserted into the center comes out clean.

Serves 8

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