Tomorrow Is a Brand New Day

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**Introduction**: This segment focuses on teamwork, working together as a class to reach a goal.

**Introduce the segment**: Have students work on something in small groups, such as putting together a puzzle, creating a piece of artwork, etc. Explain the importance of teamwork in accomplishing goals.

Put in the “You’ve Gotta Move” DVD and play the Tomorrow is a Brand New Day song. Have children follow along.

**Activity**: Classification – using food picture cards have students classify different foods:

- **Group 1** – Which foods come from animals?
- **Group 2** – Which foods come from plants?

**Activity**: Create a long term health goal for your class that must be reached by working together. Example:
Set a goal of a total number of fruits and vegetables that the class must consume in a month. Keep a chart with each child’s name and have children fill in the number of fruits and vegetables they eat each day (this project can be integrated with counting and adding lessons.

**Activity**: Have the children march together in place while counting to 20 while calling out the numbers. Then have them march backwards for 10 steps counting backwards from 10 to 1.
**Introduction:** This lesson can be used to teach cause and effect. For example – eating nutritious food and exercising makes me a healthier person.

**Introduce:** Pass out the included *Cause and Effect* worksheet. Explain the definitions of *Cause and Effect*. Have students discuss some of their ideas about additional effects of a rainstorm. Have the students illustrate their ideas.

Put in the *You’ve Gotta Move* DVD and play the “Tomorrow is a Brand New Day” song. After they have finished watching the segment, ask students:

- What are some effects of eating healthy? (answers will vary)
- What are some of the effects of exercise?
- What are some of the effects of eating fatty foods?
- What are some of the effects of being lazy?

**Pass out the second sheet – have students illustrate some of the ideas they discussed.**
Students may then present their illustrations to the class.
Teaching Teamwork

**Introduction:** Students “march together into the future” using teamwork to reach fitness goals. For these activities students should be divided into teams of four and should stay with the same team for all of the activities.

**Activity:** Balloon walk – materials – blown up balloons– divide students into groups of four. Have the members of the groups stand side by side with a balloon placed between their hips, and they must walk to the finish line without losing the balloons. Teachers can use this activity as a race, or just to show teamwork.

Put in the You’ve Gotta Move DVD and play the “Tomorrow is a Brand New Day” song. Have students follow along.

**Activity** – Shapes – show teams the shapes cards. Have them pick from a stack of the shapes. Give teams 15 seconds to form human versions of the shapes.

**Activity:** divide students into teams of four. Create fitness goals that each member of the team can meet, (e.g. jump rope for 5 minutes, do ten push-ups, do 20 jumping jacks while calling out the numbers, etc.) over a period of time (e.g. one week, one month). Winners can be rewarded with gold, silver, and bronze “medals” (included).
Kindergarten

Science
1. Develop an understanding that living and non-living things have identifiable characteristics.
   d. Differentiate among humans, other animals, and plants
3. Explore proper nutrition and the relationship to personal hygiene.
4. Investigate the different types of observable and measurable characteristics of matter.
   a. Classify objects according to color, shape, size, texture, and use.
   b. Identify a solid and a liquid.

Mathematics
1. Identify and represent relationships among sets of whole numbers up to 20 using manipulatives.
   a. Count forward to 20 and backward from 10.
   b. Create models of sets of objects 0 to 20.
   c. Recognize and write numbers to represent quantities 0 to 20.
   d. Compose and decompose two-digit numbers (up to 20) with representations in words and physical models.
   e. Determine "first" through "tenth" (ordinal numbers), "next," and "last" positions.
   f. Develop multiple representations for addition (combining of sets) and subtraction (take-away, missing addend, comparison).

2. Identify, describe, and reproduce patterns using concrete objects.
   a. Describe a rule for sorting objects.

4. Identify measurable attributes of objects.
   c. Recognize the clock (analog and digital) and calendar as measurements of time.
   d. Determine attributes of objects that can be compared, such as length, area, mass or volume/capacity.

5. Collect, organize, and interpret data.
   a. Collect and organize data by counting and using tally marks and other symbols.
   b. Describe data by using mathematical language such as more than, less than, etc.
Mississippi Department of Education Curriculum Competencies and Objectives Achieved

1st Grade

**Language Arts**

1. The student will use word recognition and vocabulary (word meaning) skills to communicate.
   f. The student will develop and apply knowledge of words and word meanings to communicate.
      1) Identify and sort pictures and words into basic categories.
      2) Recognize and explain word relationships within categories of words.

2. The student will apply strategies and skills to comprehend, respond to, interpret, or evaluate a variety of texts of increasing length, difficulty, and complexity.
   b. The student will understand, infer, and make simple predictions.
   c. The student will recognize or generate an appropriate summary or paraphrase of the events or ideas in text, citing text-based evidence.
   d. The student will analyze, interpret, compare, or respond to increasingly complex literary and informational text, citing text-based evidence.

3. The student will express, communicate, or evaluate ideas effectively.
"Tomorrow is a Brand New Day"
Supplemental Lessons

Mississippi Department of Education Curriculum Competencies and Objectives Achieved

2nd Grade

Mathematics

1. Understand and represent relationships among numbers and operations (addition, subtraction, and multiplication). Compute fluently using effective strategies or rote memory.

2. Analyze patterns, numbers, relationships, and functions.
   a. Explain, analyze, and extend repeating and growing patterns.
   b. Use number patterns to skip count by 2’s, 3’s, 5’s, and 10’s.
   c. Model situations and solve equations that involve the addition and subtraction of whole numbers.

3. Describe, classify, and sort geometric figures according to their properties.
   a. Recognize and identify polygons (rhombus, square, triangle, trapezoid, rectangle, pentagon, hexagon, octagon, and decagon) according to the number of sides.
   b. Describe the effects of composition and decomposition of polygons when smaller shapes are substituted for a larger shape or a larger shape is substituted for smaller ones.
   c. Identify and classify three-dimensional figures (cone, pyramid, and cylinder) according to their characteristics.

5. Organize and interpret data in graphical form.
   a. Tally, record, interpret, and predict outcomes based on given information.
   b. Create line graphs, bar graphs, and pictographs using real data.
TOMORROW IS A BRAND NEW DAY

MARCH, MARCH, MARCH – INTO THE FUTURE
WHERE KIDS ARE FEELING GREAT FROM HEAD TO TOE!
MARCH, MARCH, MARCH – INTO THE FUTURE
WHERE STAYIN’ ACTIVE IS THE WAY TO GO!

MARCH, MARCH, MARCH – INTO THE FUTURE
WHERE TOGETHER – WE’RE LEADING – THE WAY
BY GETTING FIT – MARCH ON – DON’T QUIT!
FOR TOMORROW IS A BRAND NEW DAY!

WE – ADMIT TO EATING
PLENTY OF JUNK – AND GUNK – BUT NOW...
WE – SAY NO TO CHEATING
TAKING A BREAK – WE MAKE – A VOW.
WE – WILL BE THE CHAMPIONS
WE WILL EXCITE! – UNITE! – AND BE...
PART OF A PLAN – TO GROW – A HEALTHY GLOW
FROM SEA TO SHINING SEA!

MARCH, MARCH, MARCH – INTO THE FUTURE
WHERE KIDS ARE FEELING GREAT FROM HEAD TO TOE!
MARCH, MARCH, MARCH – INTO THE FUTURE
WHERE STAYIN’ ACTIVE IS THE WAY TO GO!

Lyrics by Michael Earl - Music by Randy Klein
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How Many Fruits and Vegetables can We Eat?

Mrs. Potter’s class’s goal is to eat 700 fruits and vegetables in April!

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Gold Medal for Reaching Team Fitness Goals Awarded to

student name
Silver Medal for Reaching Team Fitness Goals
Awarded to

__________________________
student name
Bronze Medal for Reaching Team Fitness Goals
Awarded to

student name
What are some effects of a rainstorm?

Can you think of some more effects of rain showers? Draw a picture to illustrate what happens when it rains.

- Puddles!
- Flowers grow!
- Fido gets wet!
Cause and Effect
Can you draw your own If… Then Pictures?

If I exercise and eat right...  Then I will feel and look great!

If...  Then

If...  Then
octagon

oval
cube

cylinder
pentagon

trapezoid