

## Exercise

<i>Repeat After Me</i>	:30
<i>OrganWise Cadence</i>	1:00
<i>Exercise Inside -- Superheroes</i>	:30
<i>Keep Your Bones Movin'</i>	:30
<i>TV Commercial for Exercise</i>	1:00
<i>Exercise Inside -- Calci and Sir Rebrum</i>	1:00
<i>WISERCISE! -- The Smart Way to Exercise</i>	1:00
<i>Keep Your Muscles Movin'</i>	:30
<i>Sticking to Exercise</i>	1:00
<i>What Gets You Pumped?</i>	1:00
<i>Hardy's Marching Band</i>	:30

## Fruits & Veggies

<i>Pirates of the Carrot &amp; Bean -- Buried Treasure</i>	:30
<i>Health Trek -- Low-fat Foods</i>	1:00
<i>Game Show -- Low-fat Foods</i>	1:00
<i>Pirates of the Carrot &amp; Bean Invade Lunch</i>	1:00
<i>Game Show -- Eat Lots of Colors</i>	1:00
<i>Hardy Watches His Weight</i>	1:00
<i>Game Show -- Fruits</i>	1:00

## High-Fiber

<i>Peri Spells "Constipation"</i>	1:00
<i>Pirates of the Carrot &amp; Bean -- Fiber</i>	1:00
<i>Fiber-ific Cheer</i>	:30
<i>Chef Peri</i>	1:00
<i>What Do the Intestines Do?</i>	1:00
<i>Take the Fiber Pledge</i>	:30
<i>Body Chain</i>	1:00

## Bone Health

<i>Calcium Cheer</i>	:30
<i>Health Trek -- Calcium</i>	1:00
<i>Grandma Bone</i>	1:00

## Water

<i>Drink Your Water</i>	1:00
<i>What Do Kidneys Do?</i>	1:00
<i>Grapes Need Water, Too!</i>	1:00
<i>Water Safety</i>	1:00

## Breakfast

<i>Upside Down Breakfast</i>	:30
<i>Pirates Invade Breakfast</i>	1:00
<i>Don't Skip Breakfast</i>	:30
<i>Hardy Spells "Breakfast"</i>	1:00

## Handwashing

<i>Wash Your Hands Before You Eat</i>	:30
<i>Wash Your Hands After Using the Bathroom</i>	:30
<i>Germ Killers</i>	:30

## Healthy Snacks & Portions

<i>Pirates of the Carrot &amp; Bean -- Healthy Snacking</i>	1:00
<i>Game Show -- Healthy Snacking w/ Calci M. Bone</i>	1:00
<i>1:00 Pirates of the Carrot &amp; Bean Invade Dinner</i>	1:00

## Test Taking & Homework

<i>Test Taking Poem</i>	:30
<i>Test Taking is Like Baseball</i>	1:00
<i>Do Your Homework</i>	1:00
<i>Home Work - Home Play</i>	1:00

### **Limiting TV**

<i>Tame Your TV</i>	:30
<i>Limit Your TV</i>	1:00

### **Gardening**

<i>Green Thumb</i>	1:00
<i>I Love My Garden</i>	:30
<i>Plant a Garden</i>	:30

### **Fresh Air**

<i>Ode to Fresh Air</i>	:30
<i>Ode to Fresh Air -- Smoke</i>	:30

### **Character Development**

<i>Disabilities</i>	1:00
<i>Caring for Animals</i>	1:00
<i>Worrying</i>	1:00
<i>Perseverance -- Basketball</i>	:30
<i>Attitude -- Baseball</i>	:30
<i>Nightmare -- Talking About Your Fears</i>	1:00
<i>Talk to a Friend</i>	:30
<i>Standing Up For P.E.</i>	1:00
<i>Stress-O-Meter</i>	1:00
<i>Friendship</i>	1:00
<i>Honesty</i>	1:00
<i>Afraid of the Storm</i>	1:00

### **Food Safety**

<i>Keep It Cool Song</i>	1:00
<i>When Can I Eat the Cookie Dough?</i>	1:00

### **WISERCISE!**

<i>WISERCISE! -- Monday</i>	1:00
<i>WISERCISE! -- Tuesday</i>	1:00
<i>WISERCISE! -- Wednesday</i>	1:00
<i>WISERCISE! -- Thursday</i>	1:00
<i>WISERCISE! -- Friday</i>	1:00

### **YEAH! Video**

5:31