

Grades 3-6 Educator's Guide

Kids' Topic 11: Think *fit*. Be *fit*!



Captive



Educate



Activate

Session 1 Motivate Your MOOD

Rusty and Trusty's Bad News

- This story tells how Rusty and Trusty react to not making the jousting team. Rusty pouts and binges on cake, while Trusty decides to get active (he goes for a swim) then snacks on fruit.
- Rusty and Trusty's feelings of disappointment put them in an "I Won't" MOOD. Rusty lets his "I Won't" lead to poor choices, however Trusty turns his MOOD around and make a *fit* choice.

Motivate Your MOOD

- Explain MOOD: Feelings put you in a MOOD, and your MOOD is either "I Will" (make a *fit* choice), or "I Won't" (make a *fit* choice).
- Explain that "I Won't" usually leads to poor FOOD and MOVE choices, however you can decide to turn your "I Won't" around and make a *fit* choice.
- Take time to stop and think about your MOOD, is it "I Will" or "I Won't"?

Check Your MOOD

- Students are to check their MOOD after school to see if it is "I Will" or "I Won't."
 - Think of a *fit* choice for an "I Will" MOOD.
 - Decide to turn around an "I Won't" MOOD and talk yourself into a *fit* choice.
- Discuss *fit* choice options (e.g., get active, healthy snack, relaxing activity, etc.).

Session 2 Think Your FOOD

FOOD is Fuel

- Ask students to identify the *fit* FOOD choice as you progress through the slides.
- Explain that fruits, vegetables, milk, and water are some of the best fuel for their bodies.

Think Your FOOD

- Explain that FOOD is fuel for your body. What you eat and drink is important!
- Healthy FOOD gives your body nutrition and energy.
- Use a stoplight to help you think your FOOD:
 - Green means go for it!
 - Yellow means go slow. Eat just a little.
 - Red mean stop. Think about your choice.

Think Your Snack

- View [Pick a Perfect Snack](#)
- Discuss healthy snack options presented in the slideshow.
- Students plan their own perfect snack.

Session 3 RECHARGE Your Energy

Rusty and Trusty RECHARGE

- In this story, Rusty and Trusty are tired after cleaning the stables. Rusty eats a sugary snack and still feels tired. Trusty does a *fit*-check and chooses to do a relaxing activity to RECHARGE his energy.
- Compare and contrast Rusty and Trusty's choices.

RECHARGE Your Energy

- Explain that to RECHARGE is to get energy so you can make healthy choices. You RECHARGE your energy when you sleep 9-12 hours at night and relax during the day.
- You need energy to make *fit* MOOD, FOOD, and MOVE choices.

Check Your Energy

- Students check their energy at least three times during the rest of the day.
- Students color the batteries on the [My Energy](#) handout to show their energy levels at the time of choice. Next, they write or draw their choices.

Session 4 MOVE Your Body

*fit*Boost

- Students stand and do a *fit*Boost to get ready for the session!

MOVE Your Body

- Tell students that "MOVE" is physical activity. Remind students that anything that gets them up and active is a *fit* MOVE.
- Moving strengthens muscles, bones, and brain.
- Moving is easy when you make it fun!

MOVE to the Music

- Follow the link on the image to play [Put A Little Move In Your Day](#).
- Students stand and dance around for the duration of the song.

Session 5 Be *fit*!

Do a *fit*-Check!

- Ask students to show their energy level by sitting, standing, or standing with their arms in the air.
- Next, ask students to demonstrate their MOOD by showing a thumbs up or a thumbs down.
- Does anyone need to turn their MOOD around?

Be *fit*

- Review what it means to be *fit*: having enough energy (RECHARGE) and the right MOOD to be able to make healthy FOOD and MOVE choices.
- Remind students that they make many MOOD, FOOD, RECHARGE, and MOVE choices throughout the day and one *fit* choice leads to more *fit* choices!
- Tell students that they can do a *fit*-check to help themselves make *fit* choices.

fit-Check

- Challenge students to do at least three *fit*-checks today. Do one before the next recess, one before their next meal, and one before bed.
- Students record their energy, MOOD, and the choices they make on the *fit*-Check handout or in a notebook/journal.
- Encourage students to continue their *fit*-checks over the weekend.

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Prior Knowledge: Being *fit* is about having the right mindset and enough energy to make healthy FOOD and MOVE choices. The four parts of *fit* (MOOD, RECHARGE, FOOD, and MOVE) connect and support a healthy lifestyle.

Objectives: Students will be able to:

- Identify RECHARGE, MOOD, FOOD, and MOVE as the four parts of healthy living.
- Explain that RECHARGE and MOOD influence FOOD and MOVE choices.
- Demonstrate how to do a *fit*-check to self-assess their energy and MOOD.

Checks for Understanding and Readiness to Make Healthy Choices

Session 1: How do you motivate your MOOD? (*Talk yourself into making a fit choice.*)

Session 2: How do you think your FOOD? (*Stop and think about the best choice for your body.*)

Session 3: How do you RECHARGE your energy? (*Sleep 9-12 hours and take time to relax during the day.*)

Session 4: How can you MOVE your body? (*Get active. Make it fun!*)

Session 5: What *fit* choice will you make today? (*Students are to give examples of fit choices.*)

Health Education Standards

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use decision-making skills to enhance health.
6. Students will demonstrate the ability to use goal-setting skills to enhance health.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
8. Students will demonstrate the ability to advocate for personal, family, and community health.

Common Core Standards

ELA/Literacy	Grade 3	Grade 4	Grade 5	Grade 6
Speaking and Listening	SL.3.1 SL.3.2 SL.3.3 SL.3.4 SL.3.5 SL.3.6	SL.4.1 SL.4.2 SL.4.3 SL.4.4 SL.4.5 SL.4.6	SL.5.1 SL.5.2 SL.5.3 SL.5.4 SL.5.5 SL.5.6	SL.6.1 SL.6.2 SL.6.3 SL.6.4 SL.6.5 SL.6.6
Informational Text	RI.3.1 RI.3.2 RI.3.3 RI.3.4 RI.3.6 RI.3.7 RI.3.8 RI.3.9	RI.4.1 RI.4.2 RI.4.3 RI.4.4 RI.4.5 RI.4.6 RI.4.7 RI.4.8	RI.5.1 RI.5.2 RI.5.3 RI.5.4 RI.5.5 RI.5.6 RI.5.7 RI.5.8	RI.5.9 RI.5.9
Literature	RL.3.1 RL.3.3 RL.3.6 RL.3.7	RI.4.9 RL.4.3 RL.4.9	RL.5.1	

Related *fit* Links from fit.webmd.com

Articles and Activities:

- The Fit Connection for Kids: MOOD
- The Fit Connection for Kids: RECHARGE
- The Fit Connection for Kids: FOOD
- The Fit Connection for Kids: MOVE

Raising fit Kids Activities

webmd.com/parenting/raising-fit-kids/

- The Fit Connection for Parents
- FIT Connection: MOOD
- FIT Connection: RECHARGE
- FIT Connection: FOOD
- FIT Connection: MOVE

fit Tip: Challenge yourself to be *fit* for an entire day! Make at least one *fit* choice for RECHARGE, MOOD, FOOD, and MOVE.

Family Message: Students are learning about the *fit* connection and how one *fit* choice can lead to another. For example, when you RECHARGE your energy, it's easier to be active and MOVE your body. Telling yourself "I Will" supports your MOOD, which helps you make healthy FOOD choices.

Find more information about the *fit* connection at fit.webmd.com and *Raising fit Kids* at webmd.com/parenting.

Student Materials

Session 3

Session 5

Encourage students to use the *fit* vocabulary (RECHARGE, MOOD, FOOD, and MOVE) to describe their daily activities.

