

Educator's Guide

Challenge 12: Excuses, Excuses!



Captivate

It's Challenge Week!

Part 1 Lift Off

- With each *fit* Challenge, students activate healthy habits through the meaningful practice of *fit* choices. The challenge concludes with students activating their friends and family to make *fit* choices too!
- For this challenge, students check their MOOD to see if it is "I Will" or "I Won't" at different times during the day. They will note whether they make a *fit* choice or let an excuse get in the way.
- This week's challenge begins with a *fit*Boost!



Educate

Excuses, Excuses!

- Start with a quick review of *Topic 11: Excuses, Excuses!* before introducing the challenge.
- Your Challenge: Check your MOOD.**
Tell yourself "I Will" and make a *fit* choice instead of an excuse.
- Students check their MOOD after school.
 - Students record their MOOD on a tracking form, then record whether they made a *fit* choice or an excuse.



Activate

Do It!

Check your MOOD.

Tell yourself "I Will" and make a *fit* choice instead of an excuse.

- Prepare to track the challenge. Decide which challenge tracker (see options below) students will use to track their MOOD checks.
- As an option, students can write in a notebook or journal.
 - *What was your MOOD after school?*
 - *Did you make an excuse or did you do something fit?*

Part 2 Take Action

Challenge Check In

- Check student progress each day until you are ready to wrap up the challenge.
- Get kids moving during the challenge check in:
 - Ask students to stand if they thought the challenge was a breeze, and their MOOD was always "I Will."
 - Next, ask them to stand if they thought the challenge was difficult and they found themselves making excuses.
- Discussion questions:
 - *Did anyone make an excuse? What was the excuse?*
 - *Did anyone bust their excuse and make a fit choice instead?*

Challenge Wrap Up

- Lead a class discussion on the final day of your challenge:
 - *What helped you move forward through the challenge? What helped you to remember to check your MOOD?*
 - *Did excuses hold you back? Were you able to motivate your MOOD by talking yourself into making a healthy choice? Why or why not?*
 - *Did anyone need to overcome an obstacle during this challenge? What was it and what did you do?*

Congratulations!

- Congratulate and/or recognize students for successfully completing the challenge. Encourage students to continue to check their MOOD and make *fit* choices over the weekend.

Challenge Others

- Encourage students to challenge another person to do the *fit* challenge. Challenge friends, family, and teachers!

Challenge Trackers

Options are provided for Challenge Trackers. Choose one to download or have students track their challenges in a notebook or journal.

Option 1: Record challenge choices on grid.

Option 2: Record challenge choices on individual pages.

Option 3: Check off daily challenge on a 3x5 card.

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Notes: