

# Grades 3-6 Educator's Guide

## Kids' Topic 12: Excuses, Excuses!



**Captivate**



**Educate**



**Activate**

Session 1  
**“I Will” or  
“I Won’t”**

### Make a Choice

- Introduce monster Barb, who is surrounded by choices.
- Ask students to identify the *fit* choices from the drawings surrounding Barb.
- Can your students identify the RECHARGE, MOVE, and FOOD choices?

### MOOD and Choices

- Explain that MOOD affects choices. Tell students that if their MOOD is “I Won’t,” they can turn it around and make a *fit* choice.
- Once you decide to turn your MOOD around it’s easy to make a *fit* choice such as go for a bike ride, play outside, relax with a good book, or plan a healthy meal.

### Your MOOD

- Students give examples of things they can do when they decide “I Will.”
- Option: Record choices on the **Healthy Choices** handout.

Session 2  
**Silly Excuses**

### Excuses, Excuses!

- Read the silly excuses aloud:
  - “I cannot come outside to play because my unicorn wants to play video games.”
  - “I wanted to eat my broccoli, but the lollipops told me not to.”
  - “I would like to help my mom rake leaves, but a bird bear flew away with my tennis shoes.”

### What’s Your Excuse?

- Read aloud the silly excuse captions:
  - “My dog ate my basketball so I can’t play outside today.”
  - “Really? Well, my cat took off on my bicycle.”
- Explain that an “I Won’t” MOOD can cause you to make excuses instead of *fit* choices, like playing video games instead of physical activity.

### How ‘Bout that Excuse?

- Students work in pairs to brainstorm silly excuses.
- Who can come up with the silliest excuse?
- Brainstorm *fit* choices to replace the excuses.
- List or draw the excuse and the *fit* choice.
- Option: Record excuses on the **Excuses, Excuses!** handout.

Session 3  
**Real Excuses**

### Same or Different?

- Students answer the multiple choice question, “A television, a computer, and a game playing unicorn. How are they the same?”
- Best choice: D—All of the above.
  - All three run, can be used as an excuse, and all keep you from making *fit* choices.

### Everyday Excuses

- Explain that an “I Won’t” MOOD can lead to making excuses rather than *fit* choices.
- Things like food flavors, boredom, or even weather can be used as an excuse.

### No Excuses!

- Students make a “No Excuses” reminder note for home.
- Students encourage others to make *fit* choices instead of excuses.

Session 4  
**Excuse Busters**

### Tell Yourself “I Will”

- What excuses can your students come up with not to do a *fit*Boost?
- Bust those excuses! Begin lesson with a *fit*Boost.

### “I Won’t” and “I Will”

- Explain that an “I Won’t” MOOD and excuses such as “there’s nothing good to eat,” or “nobody’s around,” and “I’m tired,” can lead to lazy eating, lazy actions, and lazy feelings.
- Tell students they can decide to turn an “I Won’t” MOOD around to “I Will” and bust those excuses.

### Bust Your Excuses

- Students show how to make a *fit* choice instead of an excuse using the **Bust Excuses** handout. For example:

Excuse:	<i>fit</i> Choice:
Water is so bland.	I will flavor it with fruit.
It’s raining outside.	I will jam inside!
There’s nothing to do.	I will make a poster.
I had a tough day.	I will _____.

Session 5  
**Turn Around**

### Abby’s MOOD

- Read aloud a story about Abby turning her MOOD around.
- Ask students if they have ever felt like Abby. What did they do?

### Take Charge of Your MOOD

- Remind students that when their MOOD is “I Won’t,” they have the power to make a *fit* choice instead of an excuse.
- Students discuss what they will choose to do when they take charge of their MOOD.

### My Excuse Buster

- Students make a list or draw *fit* choices on the **More Excuses** handout.
- Post at home as a reminder.

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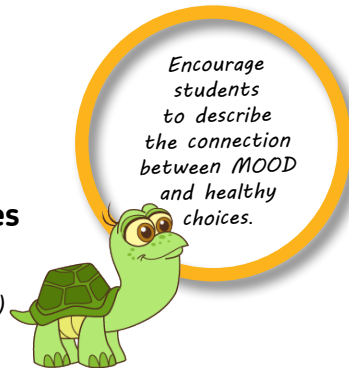
## Kids' Topic 12: Excuses, Excuses!



**Prior Knowledge:** Students know that feelings put them in a MOOD, and a “MOOD” is either “I Will” (make a *fit* choice) or “I Won’t” (make a *fit* choice). They know that to “Motivate Your MOOD” means to turn around an “I Won’t” MOOD to “I Will” and make a *fit* choice. This topic builds the awareness that “I Won’t” leads to making excuses. Students will have fun making silly excuses, then create a plan for *fit* choices instead of excuses.

- Objectives:** Students will be able to:
- Identify MOOD as “I will make a *fit* choice,” or “I won’t make a *fit* choice.”
  - Recognize that an “I Won’t” MOOD leads to excuses.
  - Demonstrate making a *fit* choice instead of making an excuse.

### Daily Checks for Understanding and Readiness to Make Healthy Choices



- Session 1:** What does it mean to “Motivate Your MOOD”?  
(Turn your MOOD from “I Won’t” to “I Will” and make a *fit* choice.)
- Session 2:** When do you find yourself making silly excuses? (When your MOOD is “I Won’t.”)
- Session 3:** What excuses do you find yourself making?  
(Listen for examples of excuses that hold students back from *fit* choices.)
- Session 4:** How will you bust your excuses? (Students describe *fit* choices.)
- Session 5:** How do you prevent an “I Won’t” MOOD from leading to an excuse? (Make an excuse buster plan!)

### Health Education Standards

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.
- Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.
- Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

### Common Core Alignment

	Grade 3	Grade 4	Grade 5	Grade 6	
ELA/Literacy	SL.3.1 SL.3.2 SL.3.3 SL.3.4 SL.3.5 SL.3.6 RI.3.1 RI.3.2 RI.3.3 RI.3.4 RI.3.6 RI.3.7 RI.3.8 RI.3.9 RL.3.1 RL.3.3 RL.3.6 RL.3.7	SL.4.1 SL.4.2 SL.4.3 SL.4.4 SL.4.5 SL.4.6 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.4.9 RL.4.3 RL.4.9	SL.5.1 SL.5.2 SL.5.3 SL.5.4 SL.5.5 SL.5.6 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 RL.5.1	SL.6.1 SL.6.2 SL.6.3 SL.6.4 SL.6.5 SL.6.6	

### fit Tip:

Feeling just so, so? Forget your excuse, make a *fit* choice instead.

**Family Message:** Students are learning to identify excuses, or things that get in the way of making healthy choices. They will make up some silly excuses, then create a *fit* choice plan instead of letting excuses hold them back from making healthy choices. Learn more about the *fit* connection at sanfordfit.org.

### Student Materials:

Session 1

Session 2

Session 4

Session 5