

# Educator's Guide

## Challenge 14: RECHARGE Daily



### Captivate

#### It's Challenge Week!

#### Part 1 Lift Off

- It's time for another *fit* Challenge where students activate healthy habits through the meaningful practice of *fit* choices. This challenge concludes with students activating their friends and family to make *fit* choices too!
- This challenge focuses on getting RECHARGE during the day.
- The challenge begins by students playing a game of RECHARGE Would You Rather.

### Educate

#### RECHARGE Daily

- Begin with a quick review of *Topic 13: RECHARGE Daily* before introducing the challenge.

#### Your Challenge: Skip the screen.

Unplug and relax without a screen.

- Students will record how and when they RECHARGE during the day.
- Emphasize that students still need to RECHARGE by sleeping for 10-11 hours every night.

### Activate

#### Do It!

#### Skip the screen.

Unplug and relax without a screen.

- Prepare to track the challenge. How will you show student participation? You can chart your students' refresh activities, boost activities, and the times that they needed to RECHARGE during the day.
- Decide which challenge tracker (see options below) you will use.

#### Part 2 Take Action

#### Challenge Check In

- Check student progress by polling students with on their participation each day until you are ready to wrap up the challenge.
- Discuss the challenge with questions such as:
  - *Stand up and stretch if you think this challenge was a breeze and you were able to RECHARGE during the day.*
  - *Raise both hands in the air if the challenge was harder than you thought it would be.*

#### Challenge Wrap Up

- Lead a class discussion on the final day of your challenge:
  - *What propelled you forward through the challenge? Did you make a step-by-step list of your bedtime routine?*
  - *What held you back while attempting the challenge? Did something prevent you from going to bed on time?*
- Discuss how students can overcome any obstacles during a challenge.

#### Congratulations!

- Congratulate and/or recognize students for successfully completing the challenge.

#### Challenge Others

- Encourage students to challenge another person to do the *fit* challenge. They can challenge friends, family, or even their teachers!

#### Challenge Trackers

Select one of the options to download and print, or have students record their choices in a notebook or journal.

Option 1: Record challenge choices on the RECHARGE tracker.

Option 2: Record challenge choices on individual pages.

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

#### A *fit* tip for teachers:

You need to RECHARGE during the day too! Students learn by example. When they see you taking care of your energy and overall health, they will follow! Take some time in the morning or during recess to listen to music, read a book, or go for a walk.

*Educator's Guide*  
**Challenge 14: RECHARGE Daily**



**Notes:**