

Grades 3-6 Educator's Guide

Kids' Topic 14: RECHARGE Daily



Captivate



Educate



Activate

Session 1 RECHARGE Influences Choices

Brain Fog Alert!

- Read aloud the story about Marty's brain fog.
- Ask students to share their thoughts about the best choices for Marty.
- Which choices will help Marty RECHARGE and have enough energy to make good MOVE and FOOD choices?

RECHARGE Your Energy

- Explain to students that when energy is low, your MOOD is often "I Won't."
- Decide to turn your "I Won't" MOOD around, then RECHARGE your energy. Do something like...
 - Rest
 - Doodle
 - Chill out with music and a book.

Brain Fog Buster

- This activity is a quiet activity to RECHARGE!
- Ask students to identify their brain fog moments or times during the day when their energy is low, then write or draw their favorite way to bust those brain fog moments.
- Option: Use **Brain Fog Buster** handout to record brain fog buster ideas.

Session 2 RECHARGE During the Day

Would You Rather?

- Ask students to identify the choice they would make to RECHARGE energy during the day.
 - Rollerblade or do a puzzle?
 - Watch clouds or play ball?
 - Dance or read a book?

Refresh in Your Day

- Tell students that while they RECHARGE each night with sleep, their body also needs to RECHARGE during the day.
- Explain that there are many times throughout the day and many different ways to RECHARGE energy.

RECHARGE Today!

- Students brainstorm different ways to RECHARGE during the day.
- Ask students to write or draw at least three different ways they will RECHARGE today.
- The **RECHARGE Your Energy** handout is provided as an option to record students' RECHARGE choices.

Session 3 Refresh Your Energy

Check Your Energy

- Students show their energy level by sitting down, standing, or standing with their arms in the air.
- Students do each of the stretches demonstrated. Explain that quiet activities like this are a great way to refresh energy.
- Ask students to show their energy level again. Do they feel more energized now?

Refresh

- Explain that a refresh activity is a quiet, relaxing way to RECHARGE your energy without a screen. Tell students that refresh activities, like doing a puzzle, listening to music, or stretching, are all great ways to RECHARGE during the day.

Refresh Favorites

- Practice the RECHARGE poses.
- Print the **Seven Poses** handout for students to take home and RECHARGE after school!

Session 4 Boost Your Energy

Check Your Energy

- Students show their energy level by sitting down, standing, or standing with their arms in the air.
- Have students do a **fitBoost**. Explain that moving can help to boost energy.
- Ask students to show their energy level again. Do they feel more energized now?

Boost

- Explain that a boost activity is a MOVE activity that helps RECHARGE your energy.
- Tell students that boost activities, like going for a walk, playing games with friends, and exercising, are all great ways to RECHARGE during the day.

Boost Favorites

- Pair students and ask them to think of their favorite refresh and boost activities.
- Compile a list of students' favorite daytime RECHARGE activities to use for a RECHARGE during the school day.
- Option: Use **RECHARGE Favorites** handout to record students' activities.

Session 5 Get Your RECHARGE

Brain Fog Alert!

- Remind students of Marty and his brain fog. What could Marty do to RECHARGE?
- Read aloud the rest of Marty's story and ask students to name their go-to refresh activity and their go-to boost activity.

RECHARGE Daily

- Remind students that their energy influences their choices and they need to RECHARGE during the day to make **fit** FOOD and MOVE choices.
- Explain that refresh and boost activities are the best way to stay energized all day!

RECHARGE Plan

- Print the **What's Your RECHARGE Plan?** handout.
- Practice working through the flow chart together.
- Students take the chart home and work with an adult to follow the flow chart and determine the best RECHARGE activity to do during the day.

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Prior Knowledge: RECHARGE influences healthy choices. RECHARGE is all about your energy! Students know how important adequate sleep is for energy, but what about during the day? This week's topic introduces ways to get an energy RECHARGE during the day. Students learn they can refresh energy with a quiet activity or boost energy with movement.

Objectives: Students will be able to:

- Recognize the need to RECHARGE throughout the day.
- Describe quiet activities to RECHARGE throughout the day.
- Describe movement activities to RECHARGE throughout the day.

Checks for Understanding and Readiness to Make Healthy Choices

- Lesson 1:** _____ influences your MOOD, FOOD, and MOVE choices. (RECHARGE)
Lesson 2: What can you do when your energy is low during the day? (Choose to RECHARGE)
Lesson 3: How can you refresh your energy during the day? (Choose a quiet activity)
Lesson 4: Take a few moments to _____ and give your energy a boost! (MOVE)
Lesson 5: You can _____ during the day! (RECHARGE)

National Health Education Standards

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
2. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
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.
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 Alignment

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.4.9	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	
Literature	RL.3.1 RL.3.3 RL.3.6 RL.3.7	RL.4.3 RL.4.9	RL.5.1	

Student Handouts:

Session 1



Session 2



Session 3



Sessions 4



Session 5



fit Tip: RECHARGE Your Energy! Take time to relax to refresh your energy during the day.

Family Message: Kids know they RECHARGE their energy each night while they sleep. But what about the times during the day when energy is low? Your child is learning to identify relaxing activities (that do not involve a screen) as ways to refresh energy, or get active as a way to boost energy. Ask your child to tell you about brain fog and what can be done about it!

Learn more about RECHARGE and how energy influences healthy choices from Raising *fit* kids: webmd.com/parenting/raising-fit-kids/recharge/

Related fit Links:

Grades 3-6 *fit* Kids

Online Games:

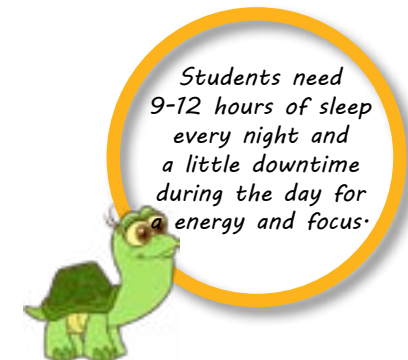
[What is your energy horoscope?](#)

Articles and Activities

[How do rest and relaxation tie in with being fit?](#)

[Are TV and Video Games that bad?](#)

[14 Healthy Ways to Relax for Kids](#)



Students need 9-12 hours of sleep every night and a little downtime during the day for a energy and focus.