

# Educator's Guide

## Challenge 15: Power Your Brain



### 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 will MOVE to power their brains.
- Begin the challenge by selecting the Captivate slides showing the brain facts. Ask students to guess whether the facts are true or false.



### Educate

#### Power Your Brain

- Do a quick review of *Topic 15: Power Your Brain* before introducing the challenge.

#### Your Challenge: Be active!

MOVE your body to power your brain.

- Students power their brains by moving everyday this week. Encourage students to learn while they MOVE and MOVE while they learn! Try something like...
  - Recite vocabulary definitions while skating.
  - Do floor planks while reading.
  - Quiz friends while riding bikes.
  - Count forward or backward while running.



### Activate

#### Do It! Be active!

MOVE your body to power your brain.

- Prepare to track the challenge. How will you show student participation?
  - Students can write or draw their MOVE choices, or use the check-off sheet.
  - Recording participation can be as simple as polling students. You may opt to keep a list showing your students' MOVE choices.
  - Decide which challenge tracker (see options below) you will use.

#### Part 2 Take Action

#### Challenge Check In

- Check student progress by polling students to show participation each day until you are ready to wrap up the challenge.
- Discuss the challenge with questions such as:
  - *Raise both arms and flex your muscles if this challenge is easy for you. What makes it easy?*
  - *Stand up and do jumping jacks if the challenge is difficult for you. What makes it difficult?*

#### Challenge Wrap Up

- Lead a class discussion on the final day of your challenge:
  - *What propelled you forward through the challenge? Did friends or family encourage you? Did you write down your goal to remind yourself to MOVE?*
  - *What held you back while attempting the challenge? Were you too tired to get off the couch? Did the weather make a difference in your move activities?*

#### Congratulations!

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

#### Challenge Others

- Encourage students to challenge another person to do the MOVE challenge. Challenge friends, family, or teachers. Make it fun!

#### Challenge Trackers

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

Option 1: MOVE Challenge Tracker

Option 2: Write or draw MOVE choices on a grid.

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

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**Notes:**