

# Educator's Guide

## Challenge 16: I Think I Can!



### Captivate

#### It's Challenge Week!

- 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!
- This challenge will encourage students to set a *fit* goal and outline the necessary steps to achieving that goal.
- Begin the challenge by selecting the slideshow for Part 1. Read aloud [Rusty and Trusty's Illuminating Journey](#).



### Educate

#### I Think I Can!

- Begin with a quick review of *Topic 16: I Think I Can!* before introducing the challenge.
- **Your Challenge: "I Will" make a *fit* choice.** Make a choice for each part of *fit*.
- Set a goal to try something new. You can...
  - *Be a better sleeper! Get 10-11 hours of sleep every night.*
  - *Be a healthy drinker! Only drink water and milk with your meals.*
  - *Be active! MOVE after school every day.*



### Activate

#### Do It!

#### "I Will" make a *fit* choice.

Make a choice for each part of *fit*.

- Prepare to track the challenge. How will you show student participation? You can ask for a show of hands, or create a chart showing student progress, then keep a running tally.
- Select and print the challenge tracker (see options below) you will use for students to record and/or write about achieving the goal.

#### Part 1 Lift Off

#### Part 2 Take Action

#### Challenge Check In

- Poll students with a show of hands to show participation each day until you are ready to wrap up the challenge.
- Discuss the challenge with questions such as:
  - *Stand up and MOVE your body if the challenge is easy for you. What makes it easy?*
  - *Stand up and show a thumbs down if the challenge is difficult for you. What makes it difficult?*
  - *Did you encounter any barriers? How did you overcome them?*

#### Challenge Wrap Up

- Lead a class discussion on the final day of your challenge:
  - *What propelled you forward through the challenge? Did your classmates encourage you?*
  - *What held you back while attempting the challenge? Did you feel like you were too busy? Did you forget?*
- Discuss how students can overcome any obstacles during a challenge.

#### Congratulations!

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

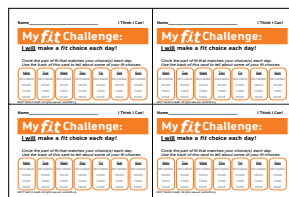
#### Challenge Others

- Encourage students to challenge another person to do the challenge. Challenge friends, siblings, and/or other family members.

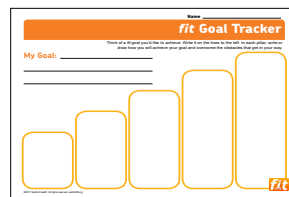
### Student Materials

#### Challenge Trackers

Select a challenge tracker to download and print for students to track their challenge. Alternatively, students can record progress in a notebook or journal.



Option 1: Check off daily challenge on 3x5 card.



Option 2: Draw or write how to achieve the goal.

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**Notes:**