

Grades 3-6 Educator's Guide

Kids' Topic 16: I Think I Can!



Captive



Educate



Activate

Session 1 I Won't & I Can't

Rusty and Trusty's Illuminating Journey

- Read aloud Part 1 of **Rusty and Trusty's Illuminating Journey**.*
- Highlight the things that held Rusty and Trusty back from taking the journey to Progress Peak. (Rusty was nervous, Trusty was too tired.)
- * *This story is presented in five parts; presented at the beginning of each session. The full story may be downloaded from the topic's download section.*

Worried and Sleepy

- Explain to students that, just like Rusty and Trusty, things can hold them back from making plans and healthy choices.
 - Feeling fearful or unsure of yourself can hold you back.
 - Being too tired can hold you back.

I Don't Want To

- Students work in partners and discuss the last time they did not want to do something like...
 - Try a new move in PE
 - Taste a new food.
 - Go to a new place.
 - Get off the couch.
- Talk about whether they let something hold them back, or did they move forward?

Session 2 What Holds You Back?

Rusty and Trusty's Illuminating Journey

- Review Part 1 of **Rusty and Trusty's Illuminating Journey**.
- Tell students that barriers can prevent them from trying new things.
- Read aloud Part 2 of the story.
- Highlight that when Rusty and Trusty recognized that feeling uneasy and tired was holding them back, they were able to start their journey.

Get Started

- Explain to students that, just like Rusty and Trusty, they can overcome the things that hold them back.
 - Talking with a friend can help you when you are nervous or unsure of yourself.
 - Getting some rest will help you when you feel too tired to do something.

Role Play

- Select students to role play the Rusty and Trusty story. Ask students:
 - *What would you do differently?*
 - *How would you RECHARGE your energy?*
 - *How would you motivate your MOOD?*
- Remind students that being **fit** is to make choices that are good for your body and mind. Ask, "*What fit choices can you make?*"

Session 3 Go Ahead and Try

Rusty and Trusty's Illuminating Journey

- Review Parts 1 and 2 of **Rusty and Trusty's Illuminating Journey**.
- Read aloud Part 3 of the story.
- Point out that Rusty and Trusty prepared for their journey together then encouraged and motivated one another.

Let's Try

- Discuss the importance of Rusty and Trusty's **fit** choices in the story.
 - Rusty and Trusty's **fit** choices helped them to stay motivated and try something new.
- Highlight how each part of **fit** can help students to try something new and stay motivated. One **fit** choice leads to another!

Give it a Go!

- Encourage students to try something new today!
- Ask students to brainstorm new choices for each part of **fit**.
- Students create "I Will" statements for each part of **fit** using the **fit Journey** handout.

Session 4 And You're Off

Rusty and Trusty's Illuminating Journey

- Review Parts 1, 2, and 3 of **Rusty and Trusty's Illuminating Journey**.
- Read aloud Part 4 of the story.
- Discuss the problems that arose in the story and how Rusty and Trusty overcame the obstacles.

Barriers Along the Way

- Explain to students that barriers get in the way of making **fit** choices.
- Barriers can be:
 - *Being unsure of yourself, like Rusty*
 - *Being too tired to be active, like Trusty*
 - *Weather, worry, stubbornness, etc.*

Bust that Barrier

- In small groups, students talk about barriers that hold them back from **fit** choices.
 - Too tired to be active?
 - Didn't want to try something new?
 - Weather?
 - Worried about what friends think?

Session 5 You Did It!

Rusty and Trusty's Illuminating Journey

- Review Parts 1, 2, 3, and 4 of **Rusty and Trusty's Illuminating Journey**.
- Read aloud Part 5 of the story.
- Discuss how Rusty and Trusty stayed motivated throughout the entire journey and the choices they made to reach their goal and get to the top of Progress Peak.

Finish Strong

- Rusty and Trusty did it! And, so can your students!
- Explain to students that motivation and making **fit** choices along the way will help them achieve goals.
- Keep RECHARGE, MOOD, FOOD, and MOVE in mind when setting a goal and trying something new!

Plan Your **fit** Journey

- Students plan their own illuminating journey using the **fit Choice Barriers** handout.
- Students write or draw what they will do on their path to being healthy.
- Ask students to identify barriers they might encounter and how they will overcome them.

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Prior Knowledge: Being *fit* is about having the right mindset and enough energy to make healthy FOOD and MOVE choices. The four parts of *fit* (MOOD, RECHARGE, FOOD, and MOVE) connect and support a healthy lifestyle. This topic will help students recognize and overcome barriers that get in the way of making *fit* choices.

- Objectives:** Students will be able to:
- Recall MOOD and RECHARGE as influencers of *fit* choices.
 - Name RECHARGE, MOOD, FOOD, and MOVE choices.
 - Discuss barriers that prevent healthy choices.

Checks for Understanding and Readiness to Make Healthy Choices

- Session 1:** What holds you back from starting something new? (*A negative MOOD or low energy*)
Session 2: What do you do when something holds you back from making a *fit* choice? (*Talk yourself into making the fit choice.*)
Session 3: How can *fit* help you try something new? (*Students describe choices for each part of fit.*)
Session 4: What can you do about barriers along the way? (*You can overcome barriers by making a fit choice.*)
Session 5: How will you finish your *fit* journey strong? (*Responses should include making fit choices and staying motivated.*)

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.
6. Students will demonstrate the ability to use goal-setting 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.4.1 SL.4.2	SL.5.1 SL.5.2	SL.6.1 SL.6.2
	SL.3.3 SL.3.4	SL.4.3 SL.4.4	SL.5.3 SL.5.4	SL.6.3 SL.6.4
	SL.3.5 SL.3.6	SL.4.5 SL.4.6	SL.5.5 SL.5.6	SL.6.5 SL.6.6
Informational Text	RI.3.1 RI.3.2	RI.4.1 RI.4.2	RI.5.1 RI.5.2	
	RI.3.3 RI.3.4	RI.4.3 RI.4.4	RI.5.3 RI.5.4	
	RI.3.6 RI.3.7	RI.4.5 RI.4.6	RI.5.5 RI.5.6	
	RI.3.8 RI.3.9	RI.4.7 RI.4.8	RI.5.7 RI.5.8	
	RI.3.10 RI.3.11	RI.4.9	RI.5.9	
Literature	RL.3.1 RL.3.3	RL.4.3 RL.4.9	RL.5.1	
	RL.3.6 RL.3.7			

Student Materials

Session 3



Session 5



Sessions 1-5:
Rusty and Trusty's Illuminating Journey
 Download entire story from the download section at fit4schools.org.

fit Tip: Make your goals easy to accomplish by keeping them simple and fun. Instead of the broad goal of “getting exercise,” make your goal as easy as “do something outside each day.”

Family Message: Students are learning about making *fit* choices and what to do about things that hold them back. For example, when you feel uneasy about trying something new or getting off the couch, just remember RECHARGE and MOVE! You can talk with a friend or talk yourself into making a *fit* choice!

Find more information about *fit* and behavior change at fit.webmd.com and *Raising fit Kids* at webmd.com/parenting.

Related fit Links from fit.webmd.com

Videos:

- FIT Challenge: Switch Off Your Screen
- FIT Challenge: Soda Swap
- FIT Challenge: Stand Up!
- FIT Challenge: Dance During Commercials

Articles for the Whole Family

- Building Your Family's Healthy Habits
- 4 Tips for Sticking with Exercise
- How to Get Motivated to MOVE
- How to Get Motivated to Exercise

Changing behavior and achieving fit goals is easy when you make fit choices to overcome barriers!

