

Educator's Guide

Challenge 17: Bust an "I Won't" MOOD



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 check their MOOD. If it is "I Won't," they will bust it by talking to themselves or others, doing a relaxing activity, or finding fun ways to MOVE.
- Begin by reading the three different scenarios. Discuss how the scenarios might make students feel. Explain that all of the listed options are healthy, *fit* choices.



Educate

Bust an "I Won't" MOOD

- Start with a quick review of *Topic 17: Bust an "I Won't" MOOD* before introducing the challenge.

Your Challenge: Check your MOOD.

Bust your "I Won't" MOOD and make a *fit* choice.

- Students check their MOOD. If it is "I Won't," students turn their moods around to "I Will."
- Students record their MOOD on a tracking form, then record whether they had to turn their MOOD around and how they did it.



Activate

Do It!

Check your MOOD.

Bust your "I Won't" MOOD and make a *fit* choice.

- Prepare to track the challenge. Decide which challenge tracker (see options below) students will use to track their MOOD.
- As an option, students can write in a notebook or journal.
- Read aloud examples of ways to bust a bad mood.

Part 2 Take Action

Challenge Check In

- Check student progress each day until you are ready to wrap up the challenge.
 - *Stand up and show a thumbs up if this challenge was easy for you. What made it easy?*
 - *Cross your arms and pout if this challenge was harder than you thought it would be. What made it difficult?*

Challenge Wrap Up

- Lead a class discussion on the final day of your challenge:
 - *What helped you move forward through the challenge? What helped you to remember to check your MOOD?*
 - *Were you able to motivate your MOOD by talking yourself into making a healthy choice or by talking to others? Why or why not?*
 - *Were you able to motivate your MOOD by relaxing or moving? Why or why not?*
 - *Did anyone need to overcome an obstacle during this challenge? What was it and what did you do?*

Congratulations!

- Congratulate and/or recognize students for successfully completing the challenge. Encourage students to continue to check their MOOD and make *fit* choices over the weekend.

Challenge Others

- Encourage students to challenge another person to do the *fit* challenge. Challenge friends, family, and teachers!

Challenge Trackers

Options are provided for Challenge Trackers. Choose one to download or have students track their challenges in a notebook or journal.

Option 1: Record challenge choices on grid.

Option 2: Record challenge choices on individual pages.

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

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Notes: