

Educator's Guide

Challenge 19: Get Charged Up



Captivate

It's Challenge Week!

Part 1 Lift Off

- It's time for another *fit* Challenge where students activate healthy habits through the meaningful practice of *fit* choices. This challenge concludes with students activating their friends and family to make *fit* choices too!
- This challenge focuses on how RECHARGE helps them develop strong bodies and minds.
- The challenge begins by asking students how the kids in the images could RECHARGE their energy to feel better and build a strong body and brain.



Educate

Get Charged Up

- Begin with a quick review of *Topic 19: Get Charged Up* before introducing the challenge.

Your Challenge: Skip the screen.

Relax (without technology) during the day and get 9-12 hours of sleep at night.

- Students will record each time they RECHARGE during the day and get the recommended 9-12 hours of sleep at night.
- Emphasize that by recharging their energy students are helping their bodies relax and prepare to MOVE and helping their brains focus and learn.



Activate

Do It!

Skip the screen.

Relax (without technology) during the day and get 9-12 hours of sleep at night.

- Prepare to track the challenge. How will you show student participation? You can chart your students' hours of sleep, refresh activities, boost activities, and the times that they needed to RECHARGE during the day.
- Decide which challenge tracker (see options below) you will use.

Part 2 Take Action

Challenge Check In

- Check student progress by polling students with on their participation each day until you are ready to wrap up the challenge.
- Discuss the challenge with questions such as:
 - *Stand up and stretch if you think this challenge was a breeze and you were able to RECHARGE for a strong body and mind!*
 - *Raise both hands in the air if the challenge was harder than you thought it would be.*

Challenge Wrap Up

- Lead a class discussion on the final day of your challenge:
 - *What propelled you forward through the challenge? Did you make a step-by-step list of your bedtime routine to help you get 10-11 hours of sleep? Did you set an alarm to remind yourself to take a break during the day?*
 - *What held you back while attempting the challenge? Did something prevent you from going to bed on time or relaxing?*
- 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 *fit* challenge. They can challenge friends, family, or even their teachers!

Challenge Trackers

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

Option 1: Record challenge choices on the Charge Your Body and Mind tracker.

Option 2: Check off daily challenge participation on a 3x5 card.

A *fit* tip for teachers:

RECHARGE can help your body and brain too! Students learn by example. When they see you taking care of your energy and overall health, they will follow! Take some time in the morning or during recess to listen to music, read a book, or go for a walk. And don't forget to get enough sleep. The National Sleep Foundation says adults need 7-9 hours of sleep each night!

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Notes: