

# Grades 3-6 Educator's Guide

## Kids' Topic 19: Get Charged Up



### Captivate



### Educate



### Activate

#### Session 1 RECHARGE Your Energy

##### What Would You Do?

- Read aloud the RECHARGE questions.
- Listen for responses such as sleep, MOVE, eat healthy FOOD, and relax during the day without a screen or device.
- Explain that sleep and relaxation are always the best ways to RECHARGE your energy.

##### RECHARGE

- Remind students that they need to relax during the day and sleep 9-12 hours of sleep at night to fully RECHARGE.
- Explain that RECHARGE influences other *fit* choices.
- RECHARGE also helps their mind and body work together.

##### RECHARGE Today!

- Students think of at least three ways they can RECHARGE today.
- They can relax, prepare for bed, and make sure to get enough sleep.
- Have students write or draw how they will RECHARGE on the **RECHARGE Your Energy** handout.

#### Session 2 Boost Your Body and Brain

##### Do you ever feel like this?

- Show the images of the students without energy.
- Discussion questions:
  - *What do you feel like doing when you look like this?*
  - *How does your body feel?*
  - *How does your brain feel?*
  - *How can you RECHARGE and feel better?*

##### Body and Brain

- Remind students that recharging their energy makes their bodies and brains stronger. It helps their bodies and minds work together to make healthy choices.
- When the body and brain work together and students have enough energy, it is easier for them to make healthy choices.

##### Zombrain

- Remind students of the images at the beginning of the lesson.
- Ask them to draw or write about what they look like when they feel drained on the **Get Charged Up** handout.
- Be creative! Ask students to compare themselves to mythical creatures, storybook characters, or objects.

#### Session 3 Sleep

##### Tired Puns

- Read aloud the sleep-related puns.
- Remind students of good sleep habits:
  - Create a tranquil sleep zone.
  - Follow a bedtime routine.
  - Get 9-12 hours of sleep.

##### Sleep

- Explain to the students that sleep helps their bodies grow strong and prepare for the next time they MOVE.
- In addition, sleep helps the brain stay alert, learn new information, and recall information they already learned.

##### Get Your Sleep!

- Ask students how many hours of sleep they normally get.
- Have students use the **Sleep Calculator** handout to calculate how much sleep they get and how they can adjust their bedtime schedules to get a full 9-12 hours.

#### Session 4 Relax

##### fitFlow

- Students do a series of yoga moves.
- Be sure to ask students to breathe slowly in through their noses and out through their mouths during the yoga moves.
- Try out more yoga flows with the **fitFlow** cards!

##### Relax

- Explain to the students that relaxing during the day gives their muscles time to rest and become more flexible.
- Tell students that recharging during the day also makes it easier for their minds to manage their moods and focus throughout the day.

##### Take a Break!

- Have students go home and relax with more yoga!
- Print out the **Seven Poses** handout and send it home with the students. Post a copy in the classroom to follow the next time the class needs a relaxation break.

#### Session 5 Charge Up Your Mind and Body

##### RECHARGE!

- Remind students of the images from the captivate in Session 2.
- Ask students what looks different.
  - *How much energy do you think these students have?*
  - *Do you ever feel like this?*
  - *How does your body feel?*
  - *How does your brain feel?*

##### Get Charged Up

- Review the different ways recharging can help students' bodies and brains.
- |                        |                           |
|------------------------|---------------------------|
| <b>Body</b>            | <b>Brain</b>              |
| – Work with your brain | – Work with your body     |
| – Prepare to MOVE      | – Learn and remember info |
| – Feel calm            | – Manage MOOD             |
| – Become flexible      | – Focus all day           |

##### Your RECHARGE

- Print the **I Want to Be a Healthy Kid** handout and send one home with each student.
- Encourage students to use this handout as a reference the next time they need to RECHARGE and strengthen their bodies and minds.

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## Kids' Topic 19: Get Charged Up



**Prior Knowledge:** RECHARGE is all about your energy! The amount of energy students have influences their choices. Students know how important adequate sleep and daily relaxation is to their health. This week's topic educates students about other benefits of RECHARGE and how they can build a strong body and mind.

**Objectives:** Students will be able to:

- Recognize that RECHARGE is necessary for a healthy body and brain.
- Recognize that sleep is a vital part of maintaining a healthy body and brain.
- Practice relaxing activities to benefit your body and brain.

### Checks for Understanding and Readiness to Make Healthy Choices

**Lesson 1:** RECHARGE helps your \_\_\_\_\_ and \_\_\_\_\_ work together! (*body, mind*)

**Lesson 2:** \_\_\_\_\_ to help your body and brain work together! (*RECHARGE*)

**Lesson 3:** What is one way sleep helps your body and brain grow strong? (*Sleep helps prepare your body for moving and keeps you healthy while keeping your brain alert and helping you learn and remember.*)

**Lesson 4:** What is one way relaxing can help your body and brain grow strong? (*Relaxing makes your body feel calm and help you become more flexible while helping your mind manage MOOD and focus.*)

**Lesson 5:** How can recharging your energy help your body and brain? (*Listen for examples of how sleep and relaxation build strong bodies and minds.*)

### National 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.3.3 SL.3.4 SL.3.5 SL.3.6	SL.4.1 SL.4.2 SL.4.3 SL.4.4 SL.4.5 SL.4.6	SL.5.1 SL.5.2 SL.5.3 SL.5.4 SL.5.5 SL.5.6	SL.6.1 SL.6.2 SL.6.3 SL.6.4 SL.6.5 SL.6.6
Informational Text	RI.3.1 RI.3.2 RI.3.3 RI.3.4 RI.3.6 RI.3.7 RI.3.8 RI.3.9	RI.4.1 RI.4.2 RI.4.3 RI.4.4 RI.4.5 RI.4.6 RI.4.7 RI.4.8	RI.5.1 RI.5.2 RI.5.3 RI.5.4 RI.5.5 RI.5.6 RI.5.7 RI.5.8	
Literature	RL.3.1 RL.3.3 RL.3.6 RL.3.7	RI.4.9 RL.4.3 RL.4.9	RI.5.9 RL.5.1	

### Student Handouts:

Session 1



Session 2



Session 3



Sessions 4



Session 5



**fit Tip:** Did you know that sleep cleans out your brain? Scientists have learned that sleep helps the brain clear out unnecessary information and file important information for recall later.

**Family Message:** Kids RECHARGE their energy while they sleep at night and when they relax during the day. Your child is learning that having enough energy helps with more than just feeling good. Getting your RECHARGE helps build a strong body and mind!

Learn more about RECHARGE and how energy influences healthy choices from Raising fit kids: [webmd.com/parenting/raising-fit-kids/recharge/](http://webmd.com/parenting/raising-fit-kids/recharge/)

### Related fit Links:

Videos

- [Help Your Family Relax](#)
- [Get Energized](#)

Videos

- [Kids, Are You Getting Enough Sleep?](#)
- [The Best Ways to RECHARGE and Relax](#)

Articles and Activities

- [How do rest and relaxation tie in with being fit?](#)
- [Your Head-to-Toe Guide to Sleep](#)
- [Boost Your Energy](#)

