

Educator's Guide

Challenge 1: Be a *fit* Kid



Captivate

It's Challenge Week!

Part 1 Lift Off

- With each *fit* Challenge, students activate healthy habits through setting goals and the meaningful practice of *fit* choices. The challenge concludes with students activating their friends and family to make *fit* choices too!
- This week's challenge will encourage students to make a *fit* choice after school each day.
- Begin the challenge by selecting the *Part 1: Lift Off* slideshow. Students are asked about their choices and reminded that "being *fit* is about making choices that are good for your body and brain."



Educate

Be a *fit* Kid

- Begin with a quick review of *Topic 1: Be a fit Kid* before introducing the challenge.

Your Challenge: Make a *fit* choice after school.

- Sound easy? Explain the catch to students:
 - *You must show that you made a choice for each part of fit. You can do something like...*
 - ✓ **FOOD:** *Snack on fruits and veggies.*
 - ✓ **MOVE:** *Be active for 60 minutes.*
 - ✓ **RECHARGE:** *Get 10-11 hours of sleep.*
 - ✓ **MOOD:** *Decide to make a fit choice when you feel grumpy or bored.*



Activate

Do It!

Make a *fit* choice after school.

- Prepare to track the challenge. How will you show student participation? Your records can be as simple as recording participation through a show of hands or you can chart with tally marks or make a classroom bar graph.
- Decide which challenge tracker you will use (see below).
 - K-2 Students draw pictures on a challenge tracker to show their *fit* choice each day.
 - 3-6 Students write about their daily *fit* choices in a notebook or on a challenge tracker.

Part 2 Take Action

Challenge Check In

- Check student progress by polling 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 if the challenge is easy for you. What makes it easy?*
 - *Stand up if the challenge is difficult for you. What makes it difficult?*
- Option: Designate the four corners of your classroom as a part of *fit*. Students hop to the corner that matches their choice.

Challenge Wrap Up

- Lead a class discussion on the final day of your challenge:
 - *What propelled you forward through the challenge? Did your friends or family encourage you?*
 - *What held you back while attempting the challenge? Were you too tired to get off the couch? Did a late night practice stop you from going to bed on time?*
- Discuss how students can overcome any obstacles during the challenge.

Congratulations!

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

Challenge Others

- Encourage students to challenge another person to do the *fit*-check challenge. They can challenge friends, family, or even their teachers!

Student Materials

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 grid.

Option 2: Record challenge choices on individual pages.

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

Teacher tip:

Recognizing a child's success reinforces positive behaviors. Recognize participation in the *fit* Challenge with verbal or written praise, privileges, stickers, or prize drawings.

Food should not be used as a reward for positive behavior.

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Notes: