

# 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: "I Will" make a *fit* choice.**
- 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 9-12 hours of sleep.*
    - ✓ **MOOD:** *Decide to make a fit choice when you feel grumpy or bored.*



### Activate

#### Do It!

#### "I Will" make a *fit* choice.

Make a choice for each part of *fit*.

- 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.
- Choose your challenge tracker (see below).
    - K-2 Students draw pictures on a challenge tracker to show their *fit* choices 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:
  - *Stand and high-five your neighbor if the challenge is easy for you. What makes it easy?*
  - *Did anyone find it difficult? 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!

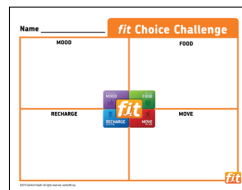
- Congratulate and/or recognize students for successfully completing the challenge.

#### Challenge Others

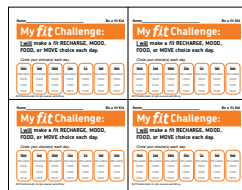
- Encourage students to challenge another person to do the *fit*-check challenge. They can challenge friends, family, or even their teachers!

### Student Materials

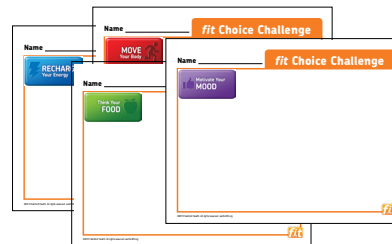
Option 1: Record challenge choices on grid.



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



Option 3: Record challenge choices on individual pages.



#### Challenge Trackers

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

#### 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:**