

# Educator's Guide

## Challenge 21: Your *fit* Brain



### 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!
- This challenge will encourage students to make *fit* choices to help boost their brain power.
- Begin the challenge by selecting the slideshow for Part 1 and doing the Captivate activity.



### Educate

#### Your *fit* Brain

- Begin with a quick review of *Topic 21: Your fit Brain* before introducing the challenge.
- Your Challenge: "I Will" make a *fit* choice.** Make a choice for each part of *fit*.
- Encourage students to make smart choices for each part of *fit* to make sure they are using their brains to its full potential.



### 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? You can ask for a show of hands, or create a chart, then keep a running tally.
- Select and print the challenge tracker (see options below) you will use for students to record and/or write about their *fit* choices.

#### Part 2 Take Action

#### Challenge Check In

- Remind students how each part of *fit* can help their brains become stronger and help them become better learners.
- Poll 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 and show thumbs up if the challenge is easy for you. What makes it easy?*
  - *Stand up if the challenge is difficult for you. What makes it difficult?*

#### Challenge Wrap Up

- Lead a class discussion on the final day of your challenge:
  - *What propelled you forward through the challenge? Did your classmates encourage you?*
  - *What held you back while attempting the challenge? Did you feel like you were too busy? Did you forget?*
- 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 train his or her brain. Challenge friends, siblings, and/or other family members.

### Student Materials

#### Challenge Trackers

Select a challenge tracker to download and print for students to track their challenge. Alternatively, students can record *fit*-checks in a notebook or journal.

Option 1: Track *fit* choices

Option 2: Draw or write about *fit*-check times and places.

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

*Educator's Guide*  
**Challenge 21: Your *fit* Brain**



**Notes:**