

Grades 3-6 Educator's Guide

Kids' Topic 21: Your *fit* Brain



Captivate



Educate



Activate

Session 1 Your Brain on RECHARGE

Rusty and Trusty Get Some Sleep

- Read the Rusty and Trusty story aloud.
 - Rusty and Trusty prepare for a test in two very different ways. Trusty studies, then follows his normal bedtime routine while Rusty stays up and studies most of the night. Guess who is better prepared to take the test?
- Discuss how students normally prepare for tests. Do they act like Rusty or Trusty?

RECHARGE Your Energy

- Tell students that getting your RECHARGE is good for your brain and memory.
 - Relaxing helps the brain focus and understand information.
 - Sleeping helps the brain store information for later recall.

Get Some Sleep

- Discuss how students normally prepare for taking a test and for a normal school day. Do they act like Rusty or Trusty?
- Encourage students to be more like Trusty and RECHARGE tonight! Ask them what time they will go to bed to get the 9-12 hours of sleep their brain needs.

Session 2 Your Brain on MOOD

Rusty and Trusty Get Creative

- Read the Rusty and Trusty story aloud.
 - Rusty's lack of sleep left him feeling frustrated. He turns his mood around and creates a fantastic drawing in art class.

Motivate Your MOOD

- Saying "I Will" and keeping a positive MOOD can allow the brain's creativity to take over.
- Flexible thinking and problem solving skills can be sharpened when students maintain a positive MOOD.
- Tell students that a positive MOOD can increase creativity and problem solving skills.

I Will

- Ask students to show what they can do to stay positive and boost their creativity and problem solving skills.
- Option: Use the **I Will** handout to write or draw how to overcome negative moods.

Session 3 Your Brain on FOOD

Rusty and Trusty Get Lunch

- Read the Rusty and Trusty story aloud.
 - Rusty and Trusty show that healthy food choices help the brain focus and learn!

Think Your FOOD

- Tell students that healthy fruits and veggies are full of vitamins and nutrients.
 - Those vitamins and nutrients help the brain store and retain information.
 - Healthy foods give you the energy to focus.

Brain FOOD

- Discuss what brain foods students like.
- Use the **FOOD Face Game** to plan students' next snack or meal.

Session 4 Your Brain on MOVE

Rusty and Trusty Get Moving

- Read the Rusty and Trusty story aloud.
 - Rusty watches TV while Trusty does his homework and takes MOVE breaks.

MOVE Your Body

- Explain that moving helps light up the brain.
 - When the brain is bright, it connects information and you learn better.
 - Moving throughout the day also helps the brain retain information.

Smart Moves

- Students make a MOVE plan for after school.
- Encourage them to take homework and study breaks to MOVE.
- Take time to stretch before bed.

Session 5 Your Brain on *fit*!

Rusty and Trusty Get Brain Power

- Read the Rusty and Trusty story aloud.
 - Explain that making *fit* choices helps the brain tremendously!
- Remind students that they too can help others make smart, *fit* choices!

Make a Smart Choice

- Review how making *fit* choices helps the brain.
 - RECHARGE helps the brain focus, interpret, and store information.
 - A positive MOOD allows the brain's creativity to take over.
 - Healthy FOOD choices give your brain energy.
 - MOVE to brighten and activate your brain.

fit Prep

- Discuss how students can strengthen their brains before a big test or assignment.
- A **School Prep Checklist** is included for students to show how they can use their brains to their full potential!

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Prior Knowledge: Being *fit* is about having the right mindset and enough energy to make healthy FOOD and MOVE choices. The four parts of *fit* (MOOD, RECHARGE, FOOD, and MOVE) connect and support a healthy lifestyle. This topic will help students recognize the vast benefits of *fit* choices. Not only are they good for the body, but they are great for the brain as well.

Objectives: Students will be able to:

- Recognize that RECHARGE (sleep and relaxation) helps the brain focus, interpret, and store information.
- Recall that a positive MOOD allows the brain to be more creative.
- Recognize that healthy FOOD choices give your brain energy.
- Discuss ways to MOVE to brighten and activate your brain.

Checks for Understanding and Readiness to Make Healthy Choices

- Session 1:** How can RECHARGE help your brain? (*RECHARGE helps your brain focus and understand and recall info.*)
Session 2: How can a positive MOOD help you at school? (*A positive MOOD yields creative and flexible thinking.*)
Session 3: What food should you eat to help you remember this lesson? (*Students list foods from list on slide.*)
Session 4: How does moving help you learn? (*Moving lights up your brain and helps it absorb information.*)
Session 5: How will you make your brain *fit*? (*Responses should include making fit choices.*)

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 Materials

Session 2



Session 5



fit Tip: Sleep, relaxation, healthy food choices, exercise, and positive moods build brain power!

Family Message: Students are learning about making *fit* choices and how they can positively influence their brains. For example, your brain stores information while you sleep and healthy food choices give your brain energy to stay focused. Find more information about *fit* and the brain at fit.webmd.com and *Raising fit Kids* at webmd.com/parenting.

Related *fit* Links from fit.webmd.com

Videos:

- [FIT Challenge: Switch Off Your Screen](#)
- [FIT Challenge: Soda Swap](#)
- [FIT Challenge: Stand Up!](#)
- [FIT Challenge: Dance During Commercials](#)

Articles for the Whole Family

- [Building Your Family's Healthy Habits](#)
- [4 Tips for Sticking with Exercise](#)
- [How to Get Motivated to MOVE](#)
- [How to Get Motivated to Exercise](#)

Did you know that eating healthy and getting exercise are the best ways to power your brain?!

