

Educator's Guide

Challenge 23: Shake Up Your Wake Up



Captivate

Part 1 Lift Off

It's Challenge Week!

- 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!
- With this week's challenge, students will track their food choices at breakfast time.
- Begin by rating Alex's breakfast choices.

Educate

Shake Up Your Wake Up

- Begin with a quick review of *Topic 23: Shake Up Your Wake Up* before introducing the challenge.

Your Challenge: Make *fit* FOOD choices.

Eat breakfast every day.

- What will students choose to eat this week? Can they choose healthy portions for each of the five categories?
- Students record their food choices each morning of the challenge.

Activate

Do It!

Make *fit* FOOD choices.

Eat breakfast every day.

- Prepare to track the challenge. A daily tracker form is provided (see below) for students to use to track their food choices.
- Option: Keep a running count of your class totals and make a graph or chart as a mathematics activity.

Part 2 Take Action

Challenge Check In

- Check student progress each day until you are ready to wrap up the challenge.
- Ask all students who chose healthy breakfasts to stand up.
- Next, ask students to stand up if this challenge was harder than they thought it would be.
- Discussion questions:
 - *Is this an easy or a difficult challenge? What makes it easy? 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 friends or family encourage you? What helped you to remember to track your breakfast choices?*
 - *Did anything hold you back while attempting the challenge? How do you overcome obstacles during a challenge?*

Congratulations!

- Congratulate and/or recognize students for successfully completing the challenge. Encourage students to continue to choose healthy breakfasts all of the time.

Challenge Others

- Encourage students to challenge another person to do the *fit* challenge. Challenge friends, family, and teachers!

Challenge Trackers

Options are provided for Challenge Trackers. Choose one to download or have students track their challenges in a notebook or journal.

Option 1: Daily Breakfast Plan

Option 2: Challenge check off.

Option 3: Record on individual page.

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Notes: