

# Educator's Guide

## Challenge 2: Know Your MOOD



### 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!
- For this challenge, students check their MOOD after school to see if it is "I Will" or "I Won't."
- Begin the challenge by selecting the *Part 1: Lift Off* slideshow. Students will make facial expressions to show different feelings.



### Educate

#### Know Your MOOD

- Review *Topic 2: Know Your MOOD* before introducing the challenge.

#### Your Challenge:

- **Check your MOOD after school.** Tell yourself "I Will" and make a *fit* choice.
- Encourage students to check their MOOD on the way home from school, then decide upon a *fit* choice they will make.
  - *What kinds of fit choices can you make?*
  - Encourage choices such as play outside, eat fruits and veggies for a snack, relax without a screen, etc.



### Activate

#### Do It!

#### Check your MOOD after school.

- Tell yourself "I Will" and make a *fit* choice.
- Prepare to track the challenge. How will you record student participation? Your records can be as simple as tally marks or a more complex bar graph.
  - Decide which challenge tracker (see options below) you will use to track the MOOD checks.
  - You can track student choices based upon the part of *fit* that matches their choices or participation totals.

#### Part 2 Take Action

#### Challenge Check In

- Check student progress each day until you are ready to wrap-up the challenge.
- Incorporate physical activity into the challenge check-in:
  - Ask students to stand. Then have them stay standing if they participated in the challenge and checked their MOOD after school.
- Discussion questions:
  - *Is this an easy or a difficult challenge? What makes it easy? Difficult?*
  - *Does your MOOD change from day to day?*
  - *What kinds of feelings put you in your MOOD?*

#### 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 check your MOOD after school?*
  - *What held you back while attempting the challenge? Were you able to talk yourself into making a healthy choice? Why or why not?*
  - *How can you overcome obstacles during a challenge?*
  - *What healthy choices did you make after you checked your MOOD?*

#### Congratulations!

- Congratulate and/or recognize students for successfully completing the challenge. Encourage students to continue to check their MOOD and make *fit* choices over the weekend.

#### Challenge Others

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

#### Challenge Trackers

Options are provided for students to keep track of the challenge. Choose one to download or have students track their challenges in a notebook or journal.

Option 1: Record challenge choices on grid.

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

Option 3: Record challenge choices on individual pages.

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**Notes:**