

Educator's Guide

Challenge 4: Energize!



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 is all about energy! Students are challenged to get 9-12 hours of sleep each night.
- The challenge begins with students checking their energy.

Educate

Energize!

- Review *Topic 4: Energize* before introducing the challenge.
- **Your Challenge: Get your sleep.**
Set your bedtime to get 9-12 hours of sleep.
- Explain to students that for this challenge, they will keep track of the time they go to bed and the time they get up in the morning. This will tell them how many hours of sleep they had to restore their energy for the next day.

Activate

Do It!

- **Get your sleep.**
Set your bedtime to get 9-12 hours of sleep.
- Prepare to track the challenge. How will you show student participation? You can chart your students' bedtimes and wake-up times or apply math skills and have student's count their hours and create a class average.
- Decide which challenge tracker (see options below) you will use.

Part 2 Take Action

Challenge Check In

- Check student progress by polling students with a show of hands on their participation each day until you are ready to wrap up the challenge.
- Discuss the challenge with questions such as:
 - *Stand on one foot if the challenge is easy for you. What makes it easy?*
 - *Raise both hands in the air 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 you write down your bedtime to remind you to get your sleep?*
 - *What held you back while attempting the challenge? Did an evening activity stop you from going to bed on time?*
- 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 do the *fit* challenge. They can challenge friends, family, or even their teachers! If challenging an adult, the recommended hours of sleep are 7-9.

Challenge Trackers

Select one a challenge tracker to download and print, or have students record their choices in a notebook or journal.

Option 1: Record challenge choices on the sleep tracker.

Option 2: Record challenge choices on individual pages.

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

Teacher tip:

- Just as weightlifting builds muscle power, sleep increases brain power. Children need 9-12 hours of sleep each night for optimal growth and development.
- For more information on the topic go to: <http://www.webmd.com/children/features/good-sound-sleep-for-children>.

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Notes: