

Educator's Guide

Think fit. Be fit! – Challenge Week



Captivate

It's Challenge Week!

Part 1 Lift Off

- This challenge will encourage students to pick different times throughout the day to do a *fit*-check.
- Begin the challenge by selecting the slideshow for Part 1. Students are asked about the times in their day when they make choices. Do they pause and do a *fit*-check?



Educate

Think fit. Be fit!

- Review topic #1, “Think *fit*. Be *fit*!” before introducing the challenge.

Your Challenge:

Do a *fit*-check each day.

- Pick a time during your day to do a *fit*-check. For example, you can do your *fit*-check...
 - When you go outside for recess.
 - When you reach for a snack after school.
 - When you sit down to watch TV.
 - When you wake up in the morning.
 - When you sit down for a meal.



Activate

Do It!

Do a *fit*-check each day.

- Prepare to track the challenge. How will you show student participation? You can ask for a show of hands, or create a chart showing times and places for *fit*-checks, then keep a running tally.
- Print the *fit*-check reminder for students to cut out and decorate. Discuss where to place the reminders.
- Select and print the challenge tracker (see options below) you will use for students to record and/or write about their *fit*-checks.

Part 2 Take Action

Challenge Check In

- Remind students that the purpose of a *fit*-check is to recognize and think about their energy and mood to guide *fit* choices.
- 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?
 - When did you do your *fit*-check? What was your energy level and mood?

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 to take time for a *fit*-check? 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 do the *fit*-check challenge. Challenge friends, siblings, and/or other family members.

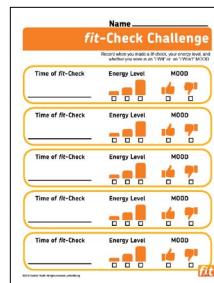
Student Materials

fit-Check Reminder

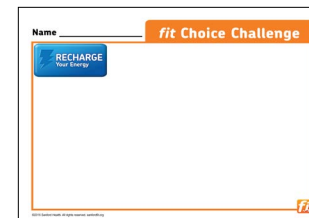


Challenge Trackers

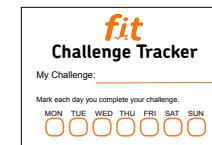
Select a challenge tracker to download and print for students to track their challenge. Alternatively, students can record *fit*-checks in a notebook or journal.



Option 1: Track *fit*-checks.



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



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

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Notes: