

Educator's Guide

Challenge 7: Motivate 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 to see if it is "I Will" or "I Won't" at different times during the day, then decide on a *fit* choice.
- Begin with the slideshow captivate activity. Students are reminded that they can RECHARGE with a relaxing activity when they need to motivate their MOOD.



Educate

Motivate Your MOOD

- Begin with a quick review of *Topic 7: Motivate Your MOOD* before introducing the challenge.
- Your Challenge: Check your MOOD.**
Find your motivation to make a *fit* choice.
- Students are asked to check their MOOD several times throughout the day to become more mindful of the influence MOOD has upon choices.
 - If your MOOD is "I Will," what will be your healthy choice?
 - If your MOOD is "I Won't," can you to turn it around to make a healthy choice?



Activate

Do It!

- Check your MOOD.**
Find your motivation to make a *fit* choice.
- Prepare to track the challenge. Decide which challenge tracker (see options below) students will use to track the MOOD checks.
- As an option, students can write in a notebook or journal.
 - When did you check your MOOD?
 - What was your MOOD?
 - What did you do about it?

Part 2
Take Action

Challenge Check In

- Check student progress each day until you are ready to wrap up the challenge.
- Get kids moving during the challenge check-in:
 - Ask students to stand. Then have them stay standing if they participated in the challenge and checked their MOOD.
 - Did any students turn their MOOD around? Have them indicate by standing up and turning around!
- Discussion questions:
 - Is this an easy or a difficult challenge? What makes it easy? Difficult?
 - What do you do to turn your MOOD around?

Challenge Wrap Up

- Lead a class discussion on the final day of your challenge:
 - What propelled you forward through the challenge? What helped you to remember to check your MOOD?
 - What held you back while attempting the challenge? Were you able to motivate your MOOD by talking yourself into making a healthy choice? Why or why not?
 - Did anyone need to overcome an obstacle during this challenge? What was it, and what did you do?
 - 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 Challenge Trackers. 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: Draw or write about challenge choices on individual pages.

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Notes: