

Educator's Guide

Challenge 9: Good Night



Captivate

Part 1 Lift Off

It's Challenge Week!

- It's time for another *fit* Challenge where students activate healthy habits through the meaningful practice of *fit* choices. This challenge concludes with students activating their friends and family to make *fit* choices too!
- This challenge is all about sleep!
- The challenge begins with a some fun true and false trivia questions.

Educate

Good Night

- Begin with a quick review of *Topic 9: Good Night* before introducing the challenge.
- Your Challenge: Get your sleep.**
Plan and follow a bedtime routine.
- Students plan a bedtime routine, then keep track of each night they follow their plan.
- Emphasize that the routine must include a bedtime that guarantees 9-12 hours of sleep.

Activate

Do It!

Get your sleep.

Plan and follow a bedtime routine.

- Prepare to track the challenge. How will you show student participation? You can chart your students' bedtimes and wake up times or list bedtime routine activities and sleep zone items.
- Decide which challenge tracker (see options below) you will use.

Part 2 Take Action

Challenge Check In

- Check student progress by polling students with on their participation each day until you are ready to wrap up the challenge.
- Discuss the challenge with questions such as:
 - *Stand up 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? What can be done to overcome the difficulties?*

Challenge Wrap Up

- Lead a class discussion on the final day of your challenge:
 - *What propelled you forward through the challenge? Did you make a step-by-step list of your bedtime routine?*
 - *What held you back while attempting the challenge? Did something prevent 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 of the options to download and print, or have students record their choices in a notebook or journal.

Option 1: Record challenge choices on the bedtime tracker.

Option 2: Record challenge choices on individual pages.

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

A *fit* tip for teachers:

Put away your electronic devices long before bedtime. We are all tempted to watch TV, play a game of solitaire, or surf the web from bed, yet these activities make it harder to wind down and sleep. Current research suggests that artificial light coming from screens suppresses the sleep-inducing hormones. Be prepared to turn off those screens a least one hour before bed. Why not wind down with a good book?

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Notes: