

Ready...Set...MOTIVATE!

fit Units are lively and fun for students and easy to use for teachers! Each fit Unit contains 5 lessons, sequenced as a K-5 whole-child health and wellness program. Use the units in numerical order or create your own sequence to align with your health, social, and emotional programming.

Get started! Go to <https://fit.sanfordhealth.org/units>

All lessons follow the same format:

- 1. Set the stage.** Establish prior knowledge and get kids thinking about healthy choices.
- 2. Share the slideshow.** Present the slideshow using your presentation system or print the PDF for individual use. All slideshows follow the same sequence:
 - Captivate:** Get your kids' attention with fun and engaging openings.
 - Educate:** Create awareness and build fundamental knowledge.
 - Activate:** Practice healthy decision-making.
 - Check for Understanding:** Know your students' current level of understanding.
- 3. Close the lesson.** Support healthy choices at school and at home.

Standards Alignment:

Social and Emotional Competencies

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making

National Health Education Standards

1. Health Concepts
2. Analyzing Influences
3. Accessing Information
4. Communication
5. Decision-Making
6. Goal-Setting
7. Self-Management
8. Advocacy

Unit	Lessons	Objectives	Social and Emotional Competencies	National Health Education Standards
<p>1</p> <p>Helping Kids Make Healthy Choices</p>	<ol style="list-style-type: none"> 1. Helping Kids Make Choices 2. fit Choices for Healthy Kids 3. Four Types of Healthy Choices 4. What Influences the Choices Kids Make? 5. Here's How Healthy Choices Lead to More Healthy Choices 	<ul style="list-style-type: none"> • Recognize that we all make many choices each day. • Describe being fit as making choices that are good for your body and brain. • Name four types of healthy choices (1. Recharge your energy. 2. Motivate your mood. 3. Think your food. 4. Move your body). • Compare and contrast healthy and unhealthy choices. • Describe how energy and mood can impact healthy choices. • Give examples of how making healthy choices to recharge or improve one's mood can lead to making more healthy choices. 	Responsible Decision-Making	1, 4, 5
<p>2</p> <p>Helping Kids Manage Feelings & Emotions</p>	<ol style="list-style-type: none"> 1. Helping Kids Understand the Connection Between Feelings and Moods 2. Ways that Feelings Affect Kids' Moods 3. Techniques Kids Can Use to Take Charge of Their Moods 4. Implications of Moods on the Choices Kids Make 5. How fit Choices Affect Kids' Moods 	<ul style="list-style-type: none"> • Identify words that can be used to express feelings and emotions. • Describe one's feelings and emotions. • Recognize that feelings and emotions change throughout the day. • Recognize that feelings and emotions put you in a mood. • Recognize mood and its influence on choices. • Recognize one's mood and make a healthy (fit) choice. 	Self-Awareness Responsible Decision-Making Self-Management	1, 4, 5, 7

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<p>3</p> <p>Food is a Kid's Fuel</p>	<ol style="list-style-type: none"> 1. Why Food is Fuel 2. What are Your Kids Eating? 3. What are Your Kids Drinking? 4. Tips to Help Kids Make Healthy Snack Choices 5. Ways for Kids to Set Healthy Food Goals 	<ul style="list-style-type: none"> • Explain that nutritious foods provide fuel to power the body and brain. • Identify examples of nutritious foods to fuel the body and brain. • Identify water and milk as examples of beverage choices that are important fuel for the body and brain. • State examples of healthy snack choices to fuel the body and brain. • State examples of nutritious food and drink choices that fuel the body and brain. 	Responsible Decision-Making	1, 4, 5
<p>4</p> <p>Teaching Kids to Recharge Their Bodies</p>	<ol style="list-style-type: none"> 1. How Kids Can Recharge 2. The Kinds of Choices Kids Make That Impact Their Health 3. Why Kids Need a Lot of Sleep 4. Tips for Helping Kids Relax 5. How Kids Can Relax and Recharge 	<ul style="list-style-type: none"> • Recognize that energy levels vary throughout the day. • Define <i>recharge</i> as “to sleep or relax to get energy.” • Recognize that your energy level influences your choices. • Recall that children need 9–12 hours of sleep each night. • Describe healthy ways to relax throughout the day to refresh your energy. • Describe ways to recharge energy that include sleeping and relaxing without a screen. 	Responsible Decision-Making	1, 4, 5
<p>5</p> <p>Teaching Kids to Make Active Choices</p>	<ol style="list-style-type: none"> 1. Why Movement is Essential for Good Health 2. The Best Types of Movement to Help Kids Stay Healthy 3. Help Kids Be Active During the Day 4. Everyday Tasks Can Get Kids Moving 5. How Kids Can Choose to Move Each Day 	<ul style="list-style-type: none"> • Describe <i>move</i> as “physical activity throughout the day.” • Recognize that moving benefits the body and brain. • Describe different ways to move. • Create a timeline of different activities to do to move throughout the day. • Describe ways to add movement to everyday activities. • Describe different ways to move many ways, many times, and in many places each day. 	Responsible Decision-Making	1, 4, 5
<p>6</p> <p>Be Mindful About Healthy Choices</p>	<ol style="list-style-type: none"> 1. How can a <i>fit</i>-Check Help Kids' Moods? 2. What is a <i>fit</i>-Check? 3. Ways Healthy Choices Impact Kid's Moods 4. When and Where Kids Can Make Healthy Choices 5. Times for Kids to Do a <i>fit</i>-Check 	<ul style="list-style-type: none"> • Recognize mood and recharge as influencers of choices. • Describe the <i>fit-check</i> as “checking recharge and mood before making a choice.” • Describe the <i>fit-check</i> as “checking recharge and mood to help make healthy decisions.” • Identify a <i>fit-check</i> as a self-awareness tool to help with healthy decision-making. • Identify times and places to do a <i>fit-check</i>. 	Self Awareness Self-Management Responsible Decision-Making	1, 2, 4, 5

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<p>7</p> <p><u>Change Your Thinking and Motivate Your Mood</u></p>	<ol style="list-style-type: none"> 1. Helping Kids Make Choices That Result in Positive Moods 2. Methods for Motivating Kids' Moods 3. Cues for Helping Kids Think About Their Moods 4. Connecting Kids' Energy and Mood 5. How to Talk Yourself Into Making a <i>fit</i> Choice 	<ul style="list-style-type: none"> • Recall that feelings put you in an “I will” or an “I won’t” mood. • Describe <i>motivate your mood</i> as “turning an ‘I won’t’ to an “I will.” • Describe how to use positive self-talk to motivate mood (e.g., choose to recharge energy, get active, do something fun, and/or do something with a friend). • Describe the connection between energy (recharge) and mood. • Describe healthy choices to make for an “I will” mood (e.g., choose to recharge energy, get active, do something fun, and/or do something with a friend). 	<p>Self Awareness</p> <p>Self-Management</p> <p>Responsible Decision-Making</p>	<p>1, 2, 4, 5</p>
<p>8</p> <p><u>Be Thoughtful About Healthy Food Choices</u></p>	<ol style="list-style-type: none"> 1. Ways That Kids Can Fuel Their Bodies and Brains 2. How to Gamify Healthy Food Choices 3. Paths to Healthy Snack Options 4. Healthy Meal Planning With Kids 5. Healthy Food Choices Fuel Healthy Kids 	<ul style="list-style-type: none"> • Recall that food is fuel for the body and brain. • Identify food and drink choices that are best for your body and brain. • Use the stoplight colors, green, yellow, and red, as tools to categorize food choices as “eat more,” “eat some,” and “eat less.” 	<p>Self Awareness</p> <p>Self-Management</p> <p>Responsible Decision-Making</p>	<p>1, 4, 5, 7</p>
<p>9</p> <p><u>Create a Sleep Zone as Part of Your Bedtime Routine</u></p>	<ol style="list-style-type: none"> 1. How to Establish Healthy Sleep Habits for Kids 2. Sleep Tips for Kids 3. Bedtime Routines to Improve Sleep Habits 4. Sleep Zones for Better Sleep 5. Kids' Sleep Habits Influence Their Healthy Habits 	<ul style="list-style-type: none"> • Explain that sleep gives your body energy to make healthy choices. • Recall that children need 9-12 hours of sleep each night. • Identify a sequence of activities that make up a bedtime routine. • Describe <i>sleep zone</i> as an “environment conducive for sleep.” 	<p>Self Awareness</p> <p>Self-Management</p> <p>Responsible Decision-Making</p>	<p>1, 2, 4, 5</p>
<p>10</p> <p><u>Add Action To Your Day</u></p>	<ol style="list-style-type: none"> 1. Ways Kids Can Move to Increase Energy 2. How Moving Can Help Improve Kids' Mood 3. Methods for Getting Kids to Move During School 4. At Home Exercises For Kids 5. Fun Ways to Get Kids to Move Each Day 	<ul style="list-style-type: none"> • Describe how move links to recharge, mood, and food. • Describe the benefits of physical activity (e.g., energy, focus, motivation). • Plan ways to add physical activity to daily routines. 	<p>Self Awareness</p> <p>Self-Management</p> <p>Responsible Decision-Making</p>	<p>1, 4, 5</p>

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11 Having a fit Mindset Leads to Healthy Choices	<ol style="list-style-type: none"> Your Mood and Your Mindset Think Your Food Recharge Your Energy Move Your Body Be <i>fit</i> 	<ul style="list-style-type: none"> Demonstrate how to self-assess mood and seek help when needed. Demonstrate how to self-assess food choices and seek help when needed. Demonstrate how to self-assess energy choices and seek help when needed. Demonstrate how to self-assess physical activity choices and seek help when needed. Identify recharge, mood, food, and move as the four parts of healthy living. Demonstrate how to self-assess mood and energy and make <i>fit</i> choices. 	Self Awareness Self-Management Responsible Decision-Making	1, 4, 5, 7, 8
12 Teaching Kids About Mindfulness	<ol style="list-style-type: none"> What it Means to be Mindful Why Mindfulness is Good for Kids Using Your Senses to be Mindful How to be Mindful at School How to be Mindful at Home 	<ul style="list-style-type: none"> Describe <i>mindful moments</i> as when you “pause and focus on the present moment.” Differentiate between actions that are mindful and actions that are not mindful. Describe the benefits of being mindful. Describe ways to use the five senses to be mindful. Give examples of being mindful of internal feelings. Describe ways to be mindful at school Describe ways to be mindful at home. 	Self Awareness Self-Management Responsible Decision-Making	1, 4, 5, 7, 8
13 How Much Sugar?	<ol style="list-style-type: none"> Tips for Kids to Make Nutritious Food Choices Helping Kids Learn about Food Labels Peek at Your Drink What’s Your Snack? Ways Kids can Choose Healthy Snacks and Drinks 	<ul style="list-style-type: none"> Recognize that limiting sugar intake is a healthy choice. Read a nutrition label to recognize snacks and drinks low in added sugars. Identify water and milk as the best drink choices to quench thirst and provide nutrition. Identify snacks low in added sugars. Recognize that limiting sugar intake is a healthy choice. Encourage others to choose snacks and drinks low in added sugars. 	Self Awareness Self-Management Responsible Decision-Making	1, 4, 5, 7, 8

Learn more about fit at <https://fit.sanfordhealth.org/how-fit-works>

Notes: