

## TEACHER TIP – WEEK 1

Welcome to the PowerUp School Challenge! After the kick-off, students will be excited about fruits, veggies, and active play, and you can help keep them excited! This week, focus on this message: **PowerUp by with five fruits and veggies and playing actively every day!**

### Keep the Challenge going in your classroom:

- Routines are helpful! Track at the same time each day, such as first thing in the morning or right after lunch.
- Remind students that they can win prizes for turning in their trackers, and their school can earn prizes too!
- Send home the PowerUp Family Message – Week 1.
- Remind students to use their At-Home Tracker over the weekend and bring the sheets back to school.

### PowerUp the school day with these fun classroom activities:

- Give extra credit for trying new fruits, veggies, or physical activities at home or at school
- Explore a fruit or vegetable in depth. Where does it grow? What vitamins and nutrients does it have? How is it used in recipes?
- Have students share their favorite fruit, veggie, or active game.
- Take a daily PowerUp Dance Break with Radio Disney (One DVD provided to each classroom)

