

PowerUp School Challenge Teacher tips- Week 4

The PowerUp School Challenge is coming to a close, but the fun doesn't have to end! This week focus on: **Fun ways to find fruits and veggies and physical activity.**

Keep the Challenge going in your classroom:

- Collect and turn in the completed trackers from week three. Give out prizes and celebrate!
- Remind students this is their last week of tracking.
- Send home the PowerUp family message – Week 4.
- Remind students to use the At-home Tracker over the weekend and bring the sheets back to school.

Add fun with these classroom activities:

- Talk about where you can find or buy fruits and veggies such as gardens, farmers' markets, grocery stores, etc. Which places can you walk? Which do you need to drive?
- Find farmers markets near your school or students' homes. Invite a farmer to visit your classroom.
- Plant bean, pea or herb plants as a classroom project or start a classroom cherry tomato plant to enjoy for many months.
- Give students extra credit for going food shopping with their family and bringing home one fruit and one veggie.
- PowerUp activity sheets:
 - Grocery store smarts powerup4kids.org/GroceryStoreSmarts
 - Food shopping scavenger hunt powerup4kids.org/FoodScavengerHunt
 - Go go greens powerup4kids.org/GoGreens
- Take some PowerUp Dance Breaks with Radio Disney!
(One DVD provided for each classroom)

Wrap up the Challenge:

- Collect and turn in the completed trackers from week four. Give out prizes and celebrate!
- Review the challenge and make plans to keep your students choosing fruits, veggies and active play every day! Visit powerup4kids.org for fun ideas and activities.
- Watch for your school's results from your school's Challenge coordinator.
- Complete the challenge survey.

Thank you for making the PowerUp School Challenge a success!
If you have ideas or suggestion on how to PowerUp our community,
contact PowerUp at powerup4kids@lakeview.org.