EAT:
What is your favorite vegetable?

MOVE:
What sport or game do you like to play?

SLEEP:
What time do you go to sleep?

Talk about these questions and remember to ALWAYS BE CHARGING!

Ideas for Discussion

Eating healthy, moving around, and sleeping well at night keeps us fully charged.

Questions: Why is it important to focus on all three areas (eat, move, sleep) together? What happens if you don’t do one? How does it affect the other two?

Action: Change one thing you do regularly to eat, move, or sleep better today. Share with a friend.

EATING: Healthy fruits, vegetables, nuts, and whole foods give us lasting energy to be our best.

Questions: Have you ever gotten a stomachache from eating certain foods? Do you think your body was trying to tell you something?

Action: Make a list of foods that give you energy and are good for you. Make a list of bad foods that drain your energy. Then, independently, write down what you normally eat for breakfast, lunch, and dinner. Select a good food to eat more of and a bad food to avoid. Share your selections with your class or your friends.

MOVING: Physical activity gives our bodies and brains a charge.

Questions: Do you feel better after going outside for recess and getting activity? What can you do to get a little more activity every day?

Action: In small groups or with a partner, think of activities that will give you energy right now (e.g., marching in place, jumping jacks, the hokey pokey dance, etc.). Share and demonstrate these activities.

SLEEPING: A good night’s sleep helps us reset our bodies and get ready for the new and exciting day ahead of us.

Questions: If you go to bed late, how do you feel the next morning? What can you do to make sure you have a good night’s sleep and feel fully rested?

Action: Share your bedtime routine with a friend. Talk about what time you go to bed, what you do to get ready for bed, and what you do before turning off the lights.
Now, a question for you:

What gets YOU fully charged?

Talk about these questions and remember to ALWAYS BE CHARGING!

EAT:
What foods give you more energy throughout the day?

MOVE:
Which activities give you a positive charge?

SLEEP:
What helps you get a good night’s sleep?