



HOME CHALLENGES

Brilliant Brains Home Challenge

Copy for School health facilitators/champions

The Brilliant Brains home challenge engages students in healthy brain activities with family members. It works well in conjunction with the Brilliant Brains monthly campaign.

Encourage staff to engage their students in the challenge by offering to reward participating classes with a healthy celebration (e.g., extra recess or physical education time, class dance party, or healthy food celebration). Consider running this challenge as a school-wide event to see how many families participate.

Please send out the attached email copy to school staff explaining how to facilitate this activity for their students. Each student will require the instruction/tracking sheet for parents that needs to be filled out for 7 days (attached).

Email for SHF/SHC to send to staff

Please personalize as you see fit.

Hello **(School name)** staff,

Brilliant Brains is a fun and unique home challenge that gets students engaged in healthy brain activities with family/guardians. Please share this challenge with your students so they can take the fun home!

Encourage students to take a leadership role by initiating the challenge with family/guardians.

1. Read through the home challenge parent instructions (attached) to get familiar with it.
2. Explain the activity and give each student an instruction and tracking sheet to take home.

3. Remind students throughout the week to participate and have fun with the challenge.

If you distribute the materials on a Monday, then students should return their tracking sheet on the following Monday, with as many activities completed as possible.

At the end of the challenge, collect completed and initialed tracking sheets from your students. If more than half the students in your class participate in this initiative by returning their signed forms to you, the class will be rewarded with (extra recess time, dance party, healthy food celebration).

And remember to have fun!