

# HOME CHALLENGES

## Rise and Shine, it's Breakfast Time BINGO

### Copy for School Health Facilitators/Champions

The *Rise and Shine, it's Breakfast Time* home challenge encourages students and their families to try out some quick and healthy breakfast ideas that are delicious and nutritious, and a great way to start the day.

Get staff onboard to encourage 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 schoolwide 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 BINGO sheet for parents that needs to be filled out for two weeks (attached).

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#### Email for SHF/SHC to send to staff

*Please personalize as you see fit.*

Hello (School name) staff,

This challenge was designed to encourage families to try out some quick and healthy breakfast ideas. The objective is to challenge families to complete a row of breakfast ideas within two weeks to get a BINGO!

All you need to do is:

1. Read through the home challenge parent instructions/bingo sheet (attached) to get familiar with it.
2. Explain the activity to students and give them each a parent instruction/bingo sheet to take home.

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

If you distribute the materials on a Monday, then students should return their bingo sheet two Mondays from then, with a row of breakfasts completed.

At the end of the challenge, collect the completed and initialed bingo sheets from your students. Encourage participation – if more than half the students in your class take part in this initiative by returning their signed form to you, the class will be rewarded with (extra recess time, dance party, healthy food celebration).

And remember to have fun!