

# HOME CHALLENGES

## **Take a Break Home Challenge** **Copy for School Health Facilitators/Champions**

*Take a Break* helps students to gain an understanding of the importance of taking breaks throughout the day. This challenge was designed to accompany the *Unwind Your Mind* 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 you can encourage to participate.

Please send out the attached email copy to your school's 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 the next 14 days.

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

*Please personalize as you see fit.*

Hello **[School name]** staff,

*Take a Break* is a fun home challenge that educates and engages students on the importance of taking mindful breaks throughout the day. 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 to students and give each student an instruction and tracking sheet to take home.
3. Remind students throughout the weeks 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. 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!