

Staff Wellness Challenge

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Teachers and staff participate in a healthy eating challenge over a period of time to increase their well-being.

Why Do It?

Staff role model healthy living by participating in a staff wellness challenge.

How Do We Do It?

Teachers and staff set personal goals for their healthy living around the topic of healthy eating.

Participants track their ability to work towards their goal daily for the duration of the challenge

Teachers share their results with students.

What Else Do We Need?

Nothing we can think of! Feel free to be creative.

How Do We Get Creative?

Create a standard challenge for everyone, such as drinking more water each day or eating 5–8 servings of vegetables and fruit every day.

Every week a have a new theme challenge.

Engage members of the community to talk to classes.