UP FOR THE CHALLENGE
LESSON 7
SHARING THE 5210 CHALLENGE – COMMUNITY SERVICE PROJECT

GOAL: Children will recall the meaning of the 5210 Challenge, and plan a wellness activity or event to share what they have learned.

KEY QUESTION: What are wise choices we have to make to stay healthy and active? How do you plan a successful community service event?

MATERIALS NEEDED:
- 4-H Wheel
- CD Player
- Parent Notes
- Supplies for the game you choose to play
- Newsprint
- Music
- 4-H Citizenship Public Adventures workbook (or other project planning guide)
- Markers
- Water, Cups
- Parent Notes
- Supplies for the game you choose to play
- 4-H Citizenship Public Adventures workbook (or other project planning guide)

TEACHING TIP: Include water breaks!!!