



# 4-H Healthy Living

Encouraging youth to make healthy choices

**UP FOR THE CHALLENGE**

**LEVEL: Middle School (6-8)**

**LESSON 7**

**SHARING THE 5210 CHALLENGE – COMMUNITY SERVICE PROJECT**

**GOAL:** Youth 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 chose to play
- Newsprint
- Music
- 4-H Citizenship Public Adventures workbook (or other project planning guide)
- Markers
- Water, Cups

**TEACHING TIP:** Include water breaks!!!

Agenda	Topic	Source
3:30	<b>Welcome</b> <b>Warm-up game</b>  <b>4-H Wheel</b>	Chapter 1, Lesson 1, pg 16, Get in the Movement Groove  4-H Wheel Activity
3:45	<b>Ice-Breaker:</b> Go / Slow / Whoa	Chapter 3, Lesson 3, Activity 1, pg. 100, Go / Slow / Whoa
3:50	<b>Discussion:</b> Community activities that encourage families to be healthy and active	
4:00	<b>Activity:</b> Planning a wellness activity	Chapter 5, Lesson 6, pg. 191
4:20	<b>Reinforcement:</b> Create posters or banners to share what has been learned	Chapter 5, Lesson 6, Activity 1, pg. 191, Planning a Wellness Activity
4:40	<b>Active Game:</b> Your choice  [WATER break]	
4:50	<b>Reflection / sharing circle / cool down</b>	4-H Wheel Activity
5:00	<b>Good-bye</b>	