








RACHEL'S Challenge

start a chain reaction



Lights On! 2015 "TRANSFORMING Student Learning by Keeping the Lights On"

Grades	Lights On! 2015	Organization Plan
<p>K - 8th</p>	<p>1. Apple Crunch Challenge</p> <p>*Join hundreds of thousands of Americans across the country crunching on apples to raise awareness about how eating better diets can transform their health. Step into our photo booth and document your "Crunch"!</p>  <p>*Graph Your Favorite Fruit & Vegetable</p>	<p>Station 1</p> <p>*Each student/family will crunch on apple slices while having their picture taken in the photo booth.</p> <div style="border: 1px solid black; padding: 5px;"> <p>*Each site will choose one photo to send to: SERRF</p> </div> <p>*Our photos will go to Alyson Wylie and she will connect with the Food Day people.</p> <p>*Each student/family will choose their favorite fruit & vegetable by placing colored dot stickers on each "Transforming Health" graphs.</p>
<p>K - 8th</p>	<p>2. "Together We Are One" Rachel's Challenge Lesson</p> 	<p>Station 2</p> <p>*Play "The Power of One" DVD</p> <p>*Each student/family will help complete a unique flower mural.</p> <p>*Each student/family will participate in an on-site SERRF Garden Tour. (Staff and Student Led☺)</p>
<p>K - 8th</p>	<p>"Yoga Pretzels"</p>  <p>"Power Play"</p> 	<p>Station 3</p> <p>*Each student/family will participate in Yoga stretches.</p> <p>*Each student/family will participate in Power Play HEALTHY activities!</p>
<p>K - 8th</p>	<p>4. Think About... TRANSFORMING Your Talents Into A Career!</p> 	<p>Station 4</p> <p>*Each student/family will complete a Think About... TRANSFORMING Your Talents Into A Career! Worksheet.☺</p> <ul style="list-style-type: none"> • K-1st • 2nd-8th Grade