

Elementary Classroom

FranklinCovey Insights™ Leader

Guide: *Junk-Food Jumper (7:46)*

Summary

In this episode, Fitness Day comes to 7 Oaks and the Happy Kids are ready! Well, all except Jumper Rabbit. Jumper is convinced he can eat whatever he wants and his body will still perform at its best. Unfortunately he finds out it isn't true.

Lower Elementary:

What to Watch for While Viewing

Jumper loves to eat anything sweet. As we watch this video, think about what eating junk food does to Jumper's body.

Key Questions

1. What did Jumper eat?
2. How did eating sweets make Jumper feel?
3. What did Jumper learn about eating too much junk food?

Upper Elementary:

What to Watch for While Viewing

Sometimes if we're good at something, we assume we will always be good at it - no matter how we take care of ourselves. In this video, Jumper Rabbit learns the hard way that even he needs to take care of his body.

Key Questions

1. Why do you think Jumper assumed he could eat junk food and still win?
 2. What happened when the sugar wore off?
 3. What lesson do you think Jumper learned about eating so much junk food?
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Application

Ask, "How can you use what you learned in your own life?"

Lead students to recognize:

- Our bodies need nutritious food to perform at our highest level.
 - Balancing nutritious food with some junk food is best.
 - Taking care of our bodies is one way to Sharpen the Saw.
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