# Skill-Building Challenge Worksheet: Advocating for Physical Activity

Name: Blank Class: Blank Date: Blank

Being physically active throughout the school day is not only good for health but it also improves your concentration in school. Work with a partner to advocate for brain boosts or activity breaks during the school day for all students. Review the Advocacy Skill Cues to help you think about how to best advocate for this change. If your school already participates in regular brain boosts or activity breaks, advocate for another school that doesn’t already do this. Create a letter for your school administrators, using the following questions as a guide.

1. What do you want to see changed in your school?

2. What information will you use to help get your message across? (Use facts to support your message.)

3. Who is your audience? (Think about the information you gathered and whether it is appropriate for that audience.)

4. What is your message? (Keep it simple and clear.)

5. If you had the chance to share your letter, did your message work? (Did you get the outcome you wanted?)