



We want to help you and be a resource for your community.

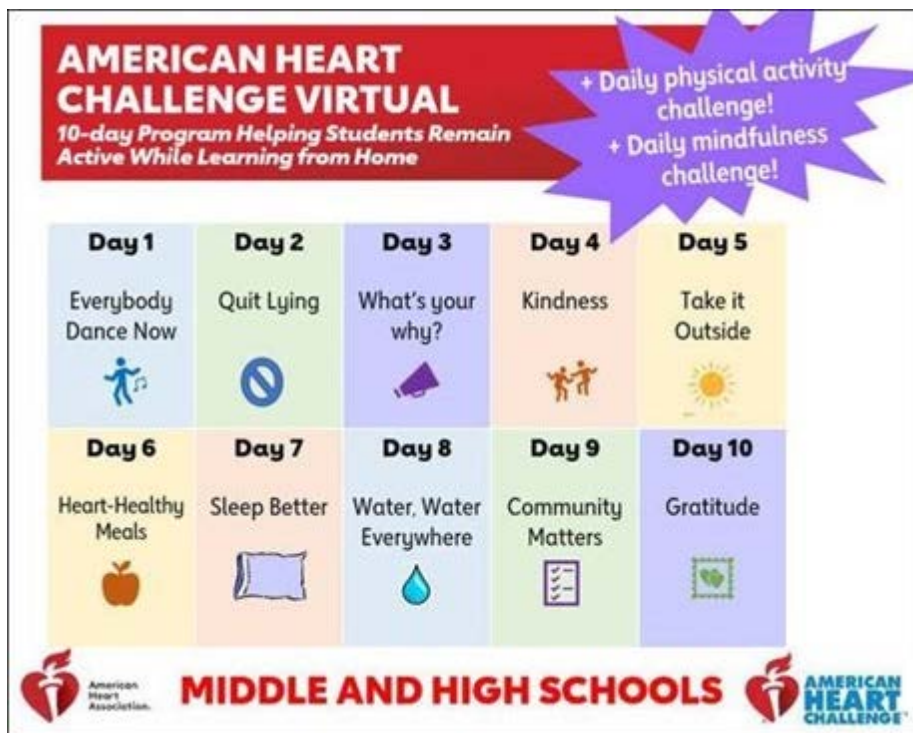
- Below are resources you can share with your families now.
- In an effort to help you meet the “virtual learning” requirements for your District, the AHA developed a virtual **10-Day Heart Healthy Challenge** (which can begin any time). This has been created to compliment your online curriculum requirements and families will have an opportunity to learn Hands Only CPR, prioritize mental health and physical activity, and more.

KIDS HEART CHALLENGE VIRTUAL
10-day Program Helping Students Remain Active While Learning from Home

+ Daily physical activity challenge!
+ Daily act of kindness challenge!

Day 1	Day 2	Day 3	Day 4	Day 5
Everybody Dance Now 	Know Your Heart 	Finn's Missions 	Jump Around 	Connect the Dots
Day 6	Day 7	Day 8	Day 9	Day 10
Think FAST 	Heart-Healthy Meals 	Game Day 	Playing with Gratitude 	25 Ways to Move

ELEMENTARY SCHOOLS



We are asking for your help. We need to keep students and families engaged physically and mentally during this time. Staying active and healthy can help reduce stress and anxiety. Our 10-Day Challenge is a complete program and we would love to engage 100% of your schools and families with free resources and activities.

Can you kindly respond to me and share your interest level in our 10-Day Challenge? Please reach out to me at (585) 615-6196 or ramona.engebrecht@heart.org. We'd love to collaborate with you and keep your students and their families actively moving and healthy while at home.

Please feel free to share these resources with your schools.

Home Activities

1. [Get the Whole Family Moving at Home](#)
2. [Dance it out](#)
3. [Get Cooking!](#)
4. [NFL PLAY 60](#)
5. [Jumping Rope Skills](#)
6. [Heart Hero Moves, Wacky Word Games, Heart Hero Coloring Sheets](#)

Tips for Parents

1. [Physical Activity Recommendations for Kids](#)
2. [Limit Screen Time](#)
3. [Take Action to Control Stress](#)
4. [Fruit and Veggie Toolkit for Kids](#)
5. [Meditation](#)

With Heart,



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