



WELCOME TO THE AMERICAN HEART CHALLENGE FAMILY

TEACHER'S GUIDE 2019-2020

Thank you for your support of the American Heart Association's American Heart Challenge! The donations that your school raises through the American Heart Challenge will fund the latest cardiovascular innovations, ensure that communities like yours have the resources you need to save and improve lives, and give all children a better chance at a healthy future. The AHA is committed to providing all kids and families with the knowledge and resources they need to live long and healthy lives.

This program is designed with you, the educator, in mind. As part of your participation in the American Heart Challenge you are provided with five lesson plans to help supplement the teaching you already do:

- Brain and Heart Health 101
- Truth about Vaping, Smoking, and Nicotine
- Adding More Color to Your Plate
- The Importance of Sleep
- Healthy Hydration

All five lessons carry an interconnected message around physical activity and how our actions either improve or hamper our ability to move more. Each lesson also incorporates the science behind the lesson in an engaging and interactive way.

While these lessons are interconnected, they are also designed to stand on their own so that you may introduce a topic at any time throughout the year. If you choose to incorporate more than one lesson into your classroom we suggest starting with Brain and Heart Health 101. This lesson builds a foundation for the additional four lessons which each provide tools to support and maintain good heart and brain health well into adulthood. Each lesson is constructed to support the work you already do and can be customized to reinforce your state's specific curriculum standards.

Thank you for your commitment to teaching our future generations on the importance of living a healthy and active life. We are honored to work with you during the upcoming school year.

With Heartfelt Gratitude,
Your American Heart Association Family