



## MATERIALS:

- Stage-themed background or brightly colored bulletin board paper (to look like a park sky/grass)
- Dog park-themed cutouts (trees, fences, paw prints, fire hydrants, bones, agility ramps, etc.)
- Seven Kids Heart Challenge character cutouts
- Colorful scrap paper for “dog tags” (hearts, paws, or bones)
- Markers or crayons
- Scissors
- Stapler or tape

## STEPS:

- 1. Prepare the Background**
  - Cover a bulletin board with blue (sky) and green (grass) paper.
  - Add a fun title like “BE A LIFESAVER!”
- 2. Set the Scene**
  - Decorate with dog park features (trees, fence, paw prints, tunnels, hydrants).
  - Place Kids Heart Challenge characters in playful spots.
- 3. Student Participation**
  - Each student creates a “dog tag” (paw, heart, or bone) with their name for any student who completes Finn’s Mission.
  - Attach tags to the display to build the Dog Park together.

## INTRODUCE A NEW CHARACTER EACH DAY!

Each morning have a volunteer read a character’s description to the class. Ask students to set goals related to that character. For instance, avoid sodas and drink only water, get 10 hours of sleep that night, etc. The next morning, ask students to share what they did and celebrate their accomplishments.





American Heart  
Association.

**KIDS  
HEART  
CHALLENGE™**



Aspen loves nothing more than taking a deep  
breath of clean air. Avoid vaping and tobacco  
so your lungs can stay strong and you  
can breathe it all in!



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HEART  
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# RESCUE

Rescue is always ready to come to  
the aid of anyone in trouble. By learning  
Hands-Only CPR, you and your friends  
can be ready to save a life!





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HEART  
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**Turbo's here to help you get moving!  
Do something active every day — you'll  
feel happier, sleep better and even have  
more energy (a turbo boost)!**





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**RIVER**

River reminds us to choose cool,  
clear water over sugary drinks. It's good  
for your muscles, your joints and  
even your memory!



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**Zee knows that if you don't snooze, you lose!  
Get 9 - 12 hours of sleep each night so you can  
feel your best — and help your body fight off  
Germs that can make you sick.**



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**BEET**

Beet loves color and adds delicious  
fresh fruits and veggies to every meal.  
These colorful feasts give boosts  
of flavor, energy and fun!





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# PARKER

Parker is the kindof dog who is kind to everyone. Being kind to others not only makes others feel better, but you will feel better too!



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HEART  
CHALLENGE™**

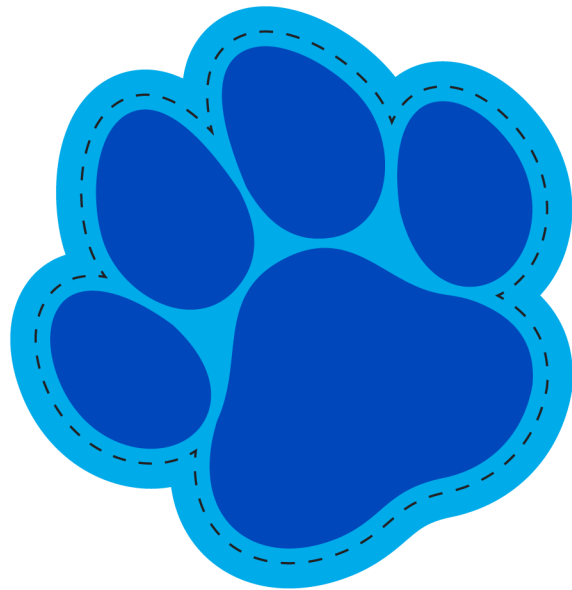
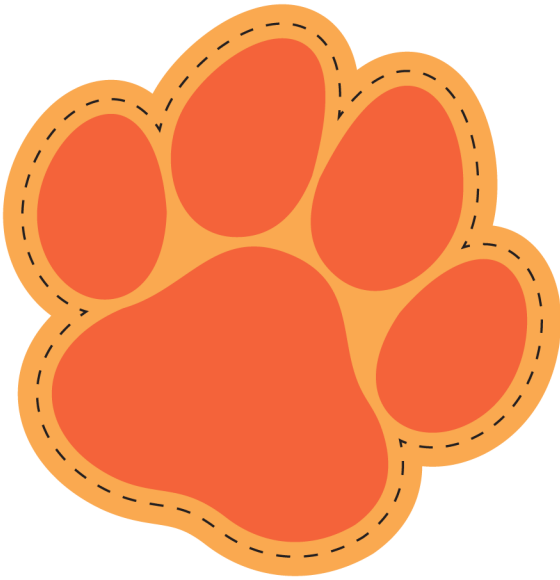


# VICTOR

Victor leads by example, practicing healthy habits like moving more, sleeping well, eating smart, choosing water, being kind, avoiding vaping and learning hands-only CPR. Victor inspires others to be their very best by practicing healthy habits too!

**INSTRUCTIONS:**

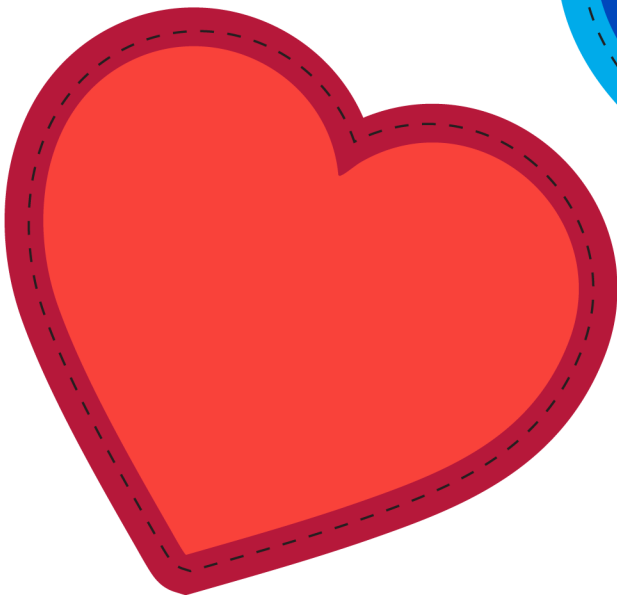
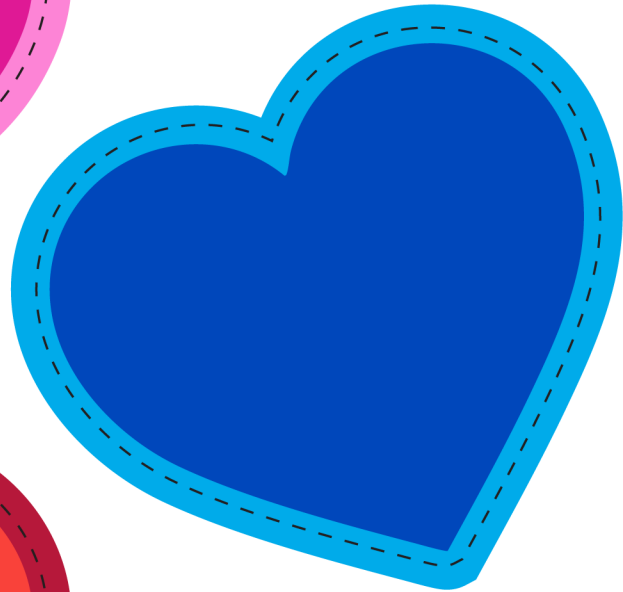
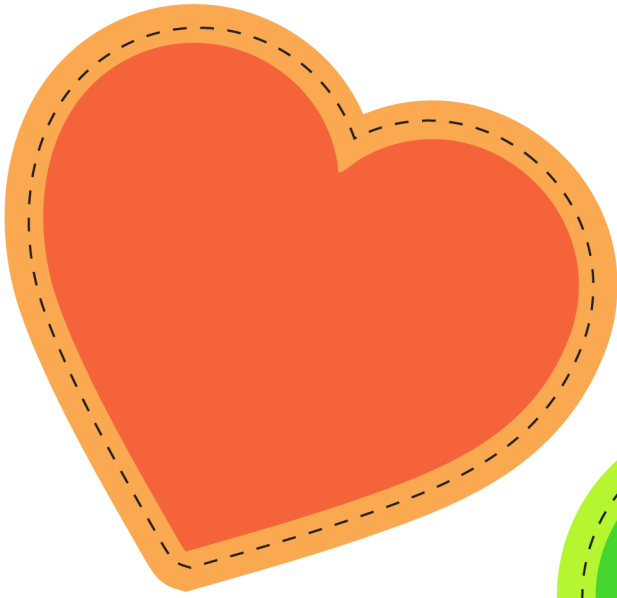
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