



**Materials:**

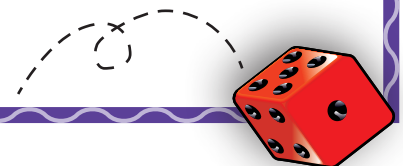
- Brightly colored bulletin board paper (background)
- Six character cutouts (print these at Kids Heart Challenge Headquarters Teacher's Resources)
- Red scrap paper
- Markers or crayons
- Scissors
- Stapler

**Steps:**

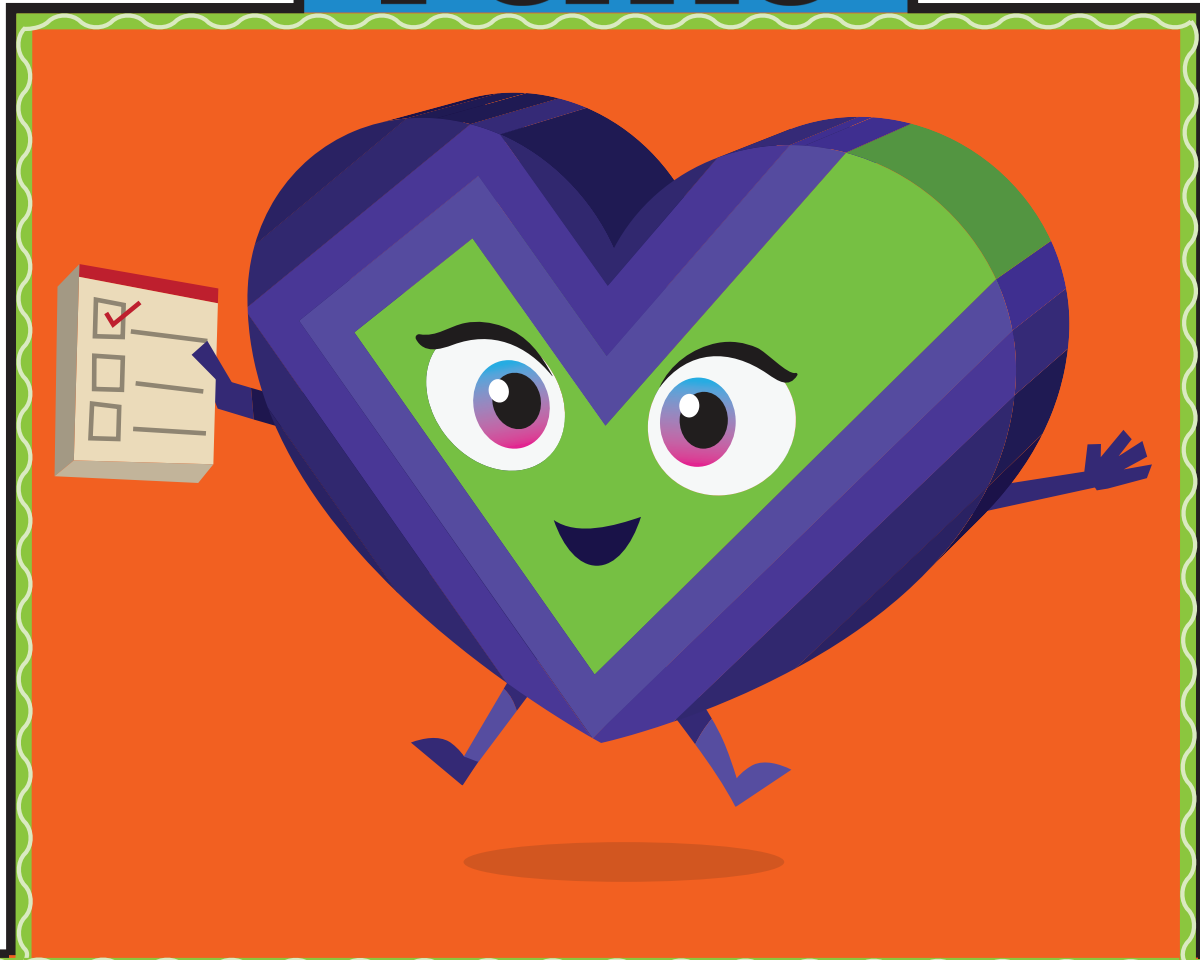
- Cover a bulletin board (or large wall space) with the bulletin board paper. Add the title.
- Cut out the characters.
- Have each student cut a heart shape from red scrap paper and write his or her name on the cutout.
- Staple the character cutouts and heart cutouts to the display.

**Make it interactive!**

Keep a die, yarn, and two push pins handy. Each morning have a volunteer roll the die, find the corresponding character on the display and introduce the character to the class. Have a second volunteer repeat the sequence. Use the yarn and push pins to connect the two characters. Ask students to make the goals of these two characters their healthy habit goals for the day. Wrap up the day by recapping your students' accomplishments.



# Perrie



## Be Ready

- Plan ahead.
- Make sure you have everything you need for the day.
- Write a to-do list and use it.
- End each day with a good night's sleep.

# Knox



## Avoid Vaping and Tobacco

- Stay away from all tobacco.
- Remember that there is no such thing as risk-free tobacco use.
- Encourage others to do the same.

# Nico



## Be Kind

- Always be kind to others.
- Be thoughtful.
- Be a good listener.
- Treat others the way you would like to be treated.

# Sofie



## Add Color

- Eat colorful fruits and vegetables with every meal.
- Grab fruits and vegetables for snacks, too.
- Avoid extra salt.

# Crush



## Help Others

- Find ways to help your friends and family members.
- Help in your community and at school.
- Show you care by lending a helping hand.

# Sunny



## Move More

- Keep your heart happy.
- Get 60 minutes or more of physical activity every day.
- Ask friends and family members to join you!