Your students can help spread health messages to their peers! Here is a compiled list of interactive activities from the lesson plans. Please share posters and messages created with the American Heart Association at (email???)

**Importance of Sleep**
- Create posters to promote best practices for good sleep habits.

**Brain & Heart Health 101**
- Promote a Stroke Awareness Campaign promoting FAST messaging during Stroke Awareness Month (May). Use an artistic lens to create posters/flyers, as well as posts to social media.
- Create a poster campaign around CPR and advocating for your school/district to require CPR to be taught.
- Create a campaign in your school to promote Go Red for Women® (and National Wear Red Day® in February) advocating for awareness of women’s heart health. Use an artistic lens to create posters/flyers, as well as posts to social media.

**Healthy Hydration**
- Create a poster/messaging campaign that promotes the health benefits of drinking water.
- Create an awareness campaign around the added dangers of energy drinks.
- Use Social Media using the (#sugarydrinks) to share with your peers the importance of water and the added dangers of energy drinks and youth.

**E-Cigarettes, Smoking & Nicotine**
- Create an awareness campaign at school and highlight what is fact/fiction surrounding vaping. Utilize existing school forums (bulletin boards/newsletter/announcements/etc.).
- Organize a Social Media awareness campaign using #TobaccoEndGame to the share with their peers the dangers with vaping.
- Sign up for You’re the Cure to tell your local legislators/officials to help push for tougher regulation and laws to protect youth from vaping. (link)

**Adding More Color to Your Plate**
- Students use social media to highlight a specific color of fruits and vegetables