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.

E-CIGARETTES, SMOKING & NICOTINE

• Create a poster contest around the dangers of nicotine and/or vaping for display.
• Create an awareness campaign at school and highlight what is fact/fiction surrounding vaping. Utilize existing school forums (bulletin boards/newsletter/announcements/etc.).