



MORNING ANNOUNCEMENTS

- 1** Hello, Heart Heroes — It's time for today's Kids Heart Challenge Moment of the Day! Did you know the heart pumps about 2,000 gallons of blood every day?!! That's one hard-working organ! You can work hard, too. When you get home tonight, try running in place for 30 seconds or do 5 lunges on each leg. When you're finished, don't forget to ask the adult in your house to download the AHA Schools app and get registered today!
- 2** Hi, Heart Heroes! Are you ready for today's Kids Heart Challenge moment? Physical activity doesn't just build strong muscles, it strengthens your bones and can improve your mood. Download the AHA Schools app today to join our school and learn more ways to keep your heart healthy and strong!
- 3** It's Kids Heart Challenge time! Raise your hand if you drank at least one glass of water yesterday. (pause) Wow! That's great! Water helps your heart pump blood more easily and deliver oxygen to your brain and all the cells in your body. Water is really great for us, but did you know on average, American kids are consuming enough added sugars in sugary beverages every year to fill a bathtub?! Wow! We should definitely all choose to drink more water instead of things like sodas, fruit drinks and energy drinks!
- 4** Hello, Heart Heroes! If someone's heart stops beating, we need to act fast to get them help. If you see someone collapse, call 911 and find a trusted adult.
- 5** It is Kids Heart Challenge fact time! Did you know doing something nice for someone makes you feel good, too? Give it a try! Do a good deed today and see how it makes you feel. It can be something as simple as holding the door open for somebody else or helping to pick up a mess. When you're finished you can log onto our Kids Heart Challenge website with the adult in your home and learn all the ways to make your heart feel good!
- 6** It's time for another Kids Heart Challenge Fun Fact! Did you know what you eat can affect your mood? Eating things like fruits, vegetables, whole grains, and lean proteins are "good mood foods". Next time you need a snack grab a banana, carrots or nuts to give your mood a boost!
- 7** Hi, Heart Heroes! It is time for our Kids Heart Challenge Moment of the Day. You know, physical activity isn't just about building muscles. There are so many other benefits! Like healthier hearts and brains, better memory and problem-solving, less stress and even improved self-esteem! Check it out for yourself. Try to get 60 minutes of physical activity every day and see how YOU feel!
- 8** We need to get our blood pumping this morning! Everyone stand up at your desk! (pause) It's important to get our hearts pumped up every single day, so let's start with five jumping jacks! Ready? GO! One. Two. Three. Four. Five. Phew! Great job! Exercise can be easy if you break it up into little movements throughout the day.
- 9** Hello, Heart Heroes! We have a mission for you today. Do you know what a stroke is? All the organs in your body need blood, which is pumped from your heart. One type of stroke happens when there's a blockage that stops blood from flowing to the brain. If someone is having a stroke, you might be able to tell by recognizing a few warning signs. Learn all these signs so you can spot a stroke and save a life in the AHA Schools app when you take Finn's Mission!



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- 10** It's a great day to be a Heart Hero! Today we want to talk about a way to help you feel more relaxed and less stressed—deep breathing. We've been breathing all our lives, but when you really focus on your breath and take deep breaths you can actually trigger your body's "relaxation response"! Let's try taking 5 slow, deep breaths together. Ready? Breathe in (pause) breathe out. Breathe in (pause) breathe out. Breathe in (pause) breathe out. Breathe in (pause) breathe out. Breathe in (pause) breathe out. How do you feel?? Look for more brain health tips in the AHA Schools app!
- 11** Happy Day, Heart Heroes! It feels great to be kind. Some ways that you can be kind to others are doing things like opening a door, listening well or just offering someone a smile. Some ways you can be kind to yourself are to talk to yourself as kindly as you would a friend, make a list of your strengths and smile at yourself in the mirror!
- 12** Let's get moving this morning Heart Heroes! It's time for a quick workout! Let's all stand up at our desks and jump in place. If you're not able to do this movement, don't worry! Anything that gets your heart pumping will do. Ready? Let's go! One. Two. Three. Four. Five. When you get home today, move on over to the app store and download the AHA Schools app to join our school team!
- 13** It is Kids Heart Challenge fun fact time! Capillaries are the smallest blood vessels in the body, even smaller than a human hair! Their very thin walls help allow nutrients and oxygen to pass through and get to your organs. Smoking harms your blood cells and blood vessels, including these tiny capillaries! Be sure to say NO to vaping and tobacco and learn other ways to keep your heart healthy with the American Heart Association by signing up for the Kids Heart Challenge today.
- 14** Are you feeling a little tired this morning, Heart Heroes? Getting enough sleep is super important! Sleep helps your brain work better, helps your body be able to build muscle, and makes you all around feel better! Set a goal to get at least 10 hours of sleep every night this week!
- 15** It is time for the Kids Heart Challenge Moment of the Day! The average heart beats 72 times per minute. That's about 2.5 billion heartbeats in a lifetime. Do you know what else beats? Music! Dancing is a wonderful way to keep your body active and your heart strong! Can you hit your move more goal today by taking multiple dance breaks? Be sure you track your progress in the AHA Schools app when you get home!
- 16** Hello, Heart Heroes! Getting active isn't only for recess and PE time! It's important to add movement throughout your entire day. Remind your family to move more at home to keep your loved ones healthy too! Try taking a walk together after dinner or having a midday dance party!
- 17** Hello again, Heart Heroes! We are truly amazed at everything you're doing to help save lives, help kids with special hearts and help take care of your own hearts! If you haven't joined yet, ask an adult to download the AHA Schools app or find our school at heart.org/schools tonight and join in on the fun!
- 18** Hi there, Heart Heroes! Wouldn't it be fun to be a pilot some day? What about a scientist? A teacher? Doctor? Engineer? STEM stands for science, technology, engineering and math. If any of those sound exciting to you, a job in the wide world of STEM may be for you! Download the AHA Schools app today and learn about all the paths your life can take to lead you to a really exciting career some day!



SPECIAL ANNOUNCEMENTS

- 1 Kicking off the event:** The American Heart Association's Kids Heart Challenge is kicking off soon! Can you believe it? Start getting your stretches in now because we are gearing up for a few weeks of heart-pumping fun! If you want to get a jump start, download the AHA Schools app tonight!
- 2 Mid-event Reminder:** Man, time flies when you're having fun! We are halfway through our Kids Heart Challenge program! If you haven't had a chance to take one of our heart challenges yet, don't worry! There is still time. Jump on the Kids Heart Challenge website or download the AHA Schools app tonight.
- 3 Envelope Due Tomorrow:** Kids Heart Challenge is coming to an end, but don't worry! The lifesaving donations our school has raised will continue to help people with special hearts long after our program is over. Don't forget to turn in your collection envelope tomorrow!
- 4 Envelope Due on Friday:** Kids Heart Challenge is coming to an end, but don't worry! The lifesaving donations our school has raised will continue to help people with special hearts long after our program is over. Don't forget to turn in your collection envelope this Friday!
- 5 Envelope Due on Monday:** Kids Heart Challenge is coming to an end, but don't worry! The lifesaving donations our school has raised will continue to help people with special hearts long after our program is over. Don't forget to turn in your collection envelope on Monday!
- 6 Thank You:** Sometimes it only takes one act of kindness and caring to change a person's life.— Our Kids Heart Challenge program has officially completed, and your kindness and caring has certainly changed lives. THANK YOU for all your hard work to support the American Heart Association. YOU have made a big difference in the lives of so many people affected by heart disease. We couldn't do it without you!
- 7 Receiving Finn's Lifesavers Award (completing Finn's Mission):** Congratulations on completing Finn's Mission! You have helped the American Heart Association by raising funds, learning Hands-Only CPR, how to spot a stroke and by moving more! You are a real Heart Hero. Thank you for helping kids like Finn!