

ALIGNMENT WITH LEADER IN ME[®]



Kids Heart Challenge and American Heart Challenge

provides an opportunity for students, teachers, and families to make an impact on the health and safety of their school, home, and community.

Here are a few ways we embody the Leader in Me principles.

Be Proactive: This program can be completely student led. The American Heart Association provides the 1x1 support and guidance needed.

Begin With the End in Mind: Students are given personal, classroom and school goals at the kickoff of the program, but it's up to them to figure out a plan to accomplish those goals, both personally and working as a team. Students develop their leadership and learn lifesaving skills such as goal setting, Hands-Only CPR and the warning signs of a stroke.

Put First Things First: Students learn the importance of choosing healthier options over processed foods and sugar-sweetened beverages. By prioritizing wellness, students build a foundation to support their ability to thrive.

Think Win-Win: Educators receive free lesson plans, activities and interactive technologies that focus on the whole child as well as teacher led learning topics such as communication, dealing with disagreements, teamwork, fairness and listening.

Seek First To Understand, Then To Be Understood: Listening to the stories of heart disease and stroke survivors will help students to understand the importance of helping others. Stories of young heart survivors will inspire students to make a lasting impact in their community.

Synergize: Students will serve as leaders, sharing what they learn throughout the program with their families. Key learnings include healthy habits, ways to be active with their families, Hands-Only CPR and how funds raised support the work of the American Heart Association in their community.

Sharpen the Saw: Proper nutrition, physical activity and healthy sleep are core components of Life's Essential 8[™] - our ways to lower your risk of heart disease. Not only will students, staff and families learn about these, but they will be encouraged to lower stress by focusing on personal mindfulness.

"The Kids Heart Challenge helps students exemplify proactive leadership by taking charge of the planning, organizing, and promotion of the heart-healthy school event. Our student leaders help to foster a sense of social responsibility and initiative amongst their peers, while demonstrating synergy by collaborating effectively with other students, teachers, and their families to ensure the event's success. Students not only promote healthy behaviors, but also develop leadership skills, creating a win-win for everyone involved!"

Lisa Lines, Principal at Olympic View Elementary