



Family Engagement

Wellness Week



TEACHER TOOLKIT



Welcome to Family Wellness Week

This toolkit has all you need to kick-off a week of family wellness activities, including classroom activities and ready-to-send messages for families.

On the following page you will find the Family Wellness Week document to share with your families. [CLICK HERE](#) for the digital version.



Get families engaged

Each day offers an easy activity that brings families together around health and wellness.



Teach healthy skills

From physical activity to mindfulness, students learn practical ways to improve their well-being.



Feel better together

By participating as a community, we support each other in building healthier habits.



Family Wellness Week

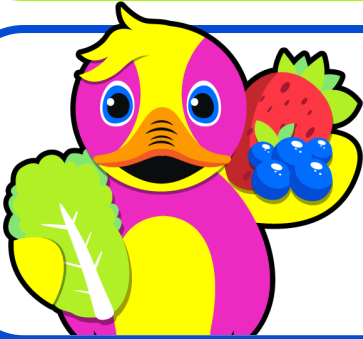
Each day after school, families can do one easy activity at home to be healthy together!



Movement Monday

Anything physical counts like a walk, dance party, fetch with the dog or a game of tag.

Movement is good for your heart and boosts your mood.



Together Tuesday

Share a healthy snack or meal together. Ask each other fun questions like, "What superpower would you want?"

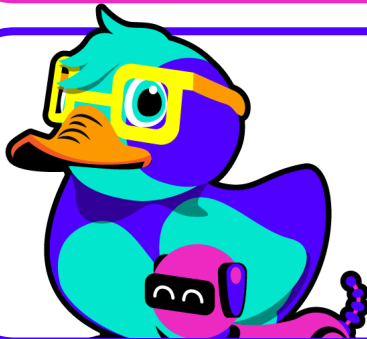
Sharing a meal brings you closer and supports healthy eating.



Wellness Wednesday

Take 5 DEEP breaths with a long sigh out after each one - this is perfect to try at bedtime.

Getting enough sleep boosts your overall well-being.



Thoughtful Thursday

Spread some kindness together! Give a compliment, smile or leave a nice note for a neighbor.

Acts of kindness can increase self-esteem and lower stress.



Finn's Friday

You can learn lifesaving CPR in only 90 seconds by completing Finn's Mission!


Register and watch the video at heart.org/schools





Option 1: One Time Family Engagement Message


Send this message before the start of the week.


This week we're celebrating Family Wellness Week with the American Heart Association's Kids Heart Challenge! Each day after school, students and families can do one easy activity to be healthy together!

 It's Movement Monday! Take a moment for some active fun. Anything physical counts — a walk, dance party, fetch with the dog or playing tag. Getting your heart rate up for a few minutes is good for your body and boosts your mood!

 It's Together Tuesday! Today, share a healthy snack or meal together! Ask each other fun questions like, "What superpower would you want?" or "What's your favorite thing to do together?" These moments bring you closer and support healthy eating.

 It's Wellness Wednesday! Take a moment for 5 DEEP BREATHS with a LONG SIGH out after each one. This is perfect to try at bedtime to wind down busy bodies and minds! Getting enough sleep is one of the simplest ways to boost your well-being.

 It's Thoughtful Thursday! Spreading kindness is a great way to bond, so do something nice for someone together. It can be a big wave, a smile or a note for a neighbor. These little acts of kindness can boost self-esteem and lower stress.


 It's Finn's Friday! You can learn lifesaving CPR as a family in only 90 seconds by registering today and completing Finn's Mission. Register by downloading the AHA Schools app or visiting heart.org/Schools.





Option 2: Daily Family Engagement Messages


Send one message per day, starting on Monday.


This week we're celebrating Family Wellness Week with the American Heart Association's Kids Heart Challenge! Each day after school, students and families can do one easy activity to be healthy together!

 It's Movement Monday! Take a moment for some active fun. Anything physical counts — a walk, dance party, fetch with the dog or playing tag. Getting your heart rate up for a few minutes is good for your body and boosts your mood!

 It's Together Tuesday! Today, share a healthy snack or meal together! Ask each other fun questions like, "What superpower would you want?" or "What's your favorite thing to do together?" These moments bring you closer and support healthy eating.

 It's Wellness Wednesday! Take a moment for 5 DEEP BREATHS with a LONG SIGH out after each one. This is perfect to try at bedtime to wind down busy bodies and minds! Getting enough sleep is one of the simplest ways to boost your well-being.

 It's Thoughtful Thursday! Spreading kindness is a great way to bond, so do something nice for someone together. It can be a big wave, a smile or a note for a neighbor. These little acts of kindness can boost self-esteem and lower stress.

 It's Finn's Friday! You can learn lifesaving CPR as a family .in only 90 seconds by registering today and completing Finn's Mission. Register by downloading the AHA Schools app or visiting heart.org/Schools.

Activities

to do in class or at home

Movement Monday



1

Run in place for 30 seconds



2

Dance party for 1 minute

3

Stand up and sit down 10 times



4

Read standing up

5

Hot lava!
Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6

Jumping jacks for 30 seconds

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

10

Wall sits while reading



11

One-minute yoga

12

Stretch your hands high over your head



13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

14

10 frog jumps



15

Standing mountain climbers for 30 seconds

20

Practice spelling by doing a jumping jack for each letter

21

30-second plank

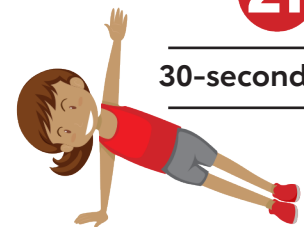


18

Practice spelling, do a squat for every vowel

19

Run in place for 30 seconds, check your heart rate



24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25

High knees for 30 seconds

22

Practice math problems, do a jumping jack every time the answer is an even number

23

20 leg lifts



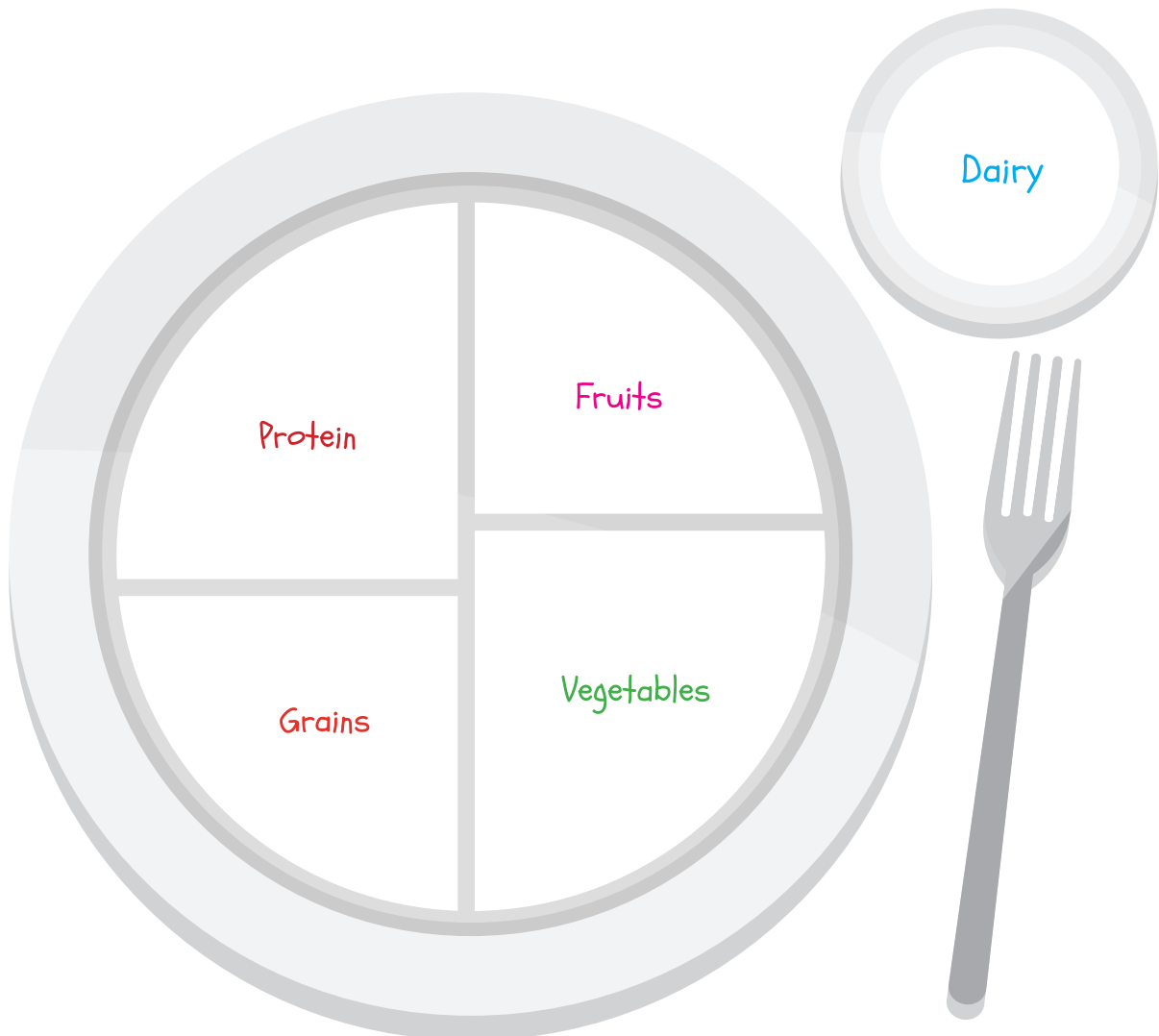
Together Tuesday

**COLOR
YOUR PLATE!**

My favorite thing to eat together is:

_____ (fill in the blank)

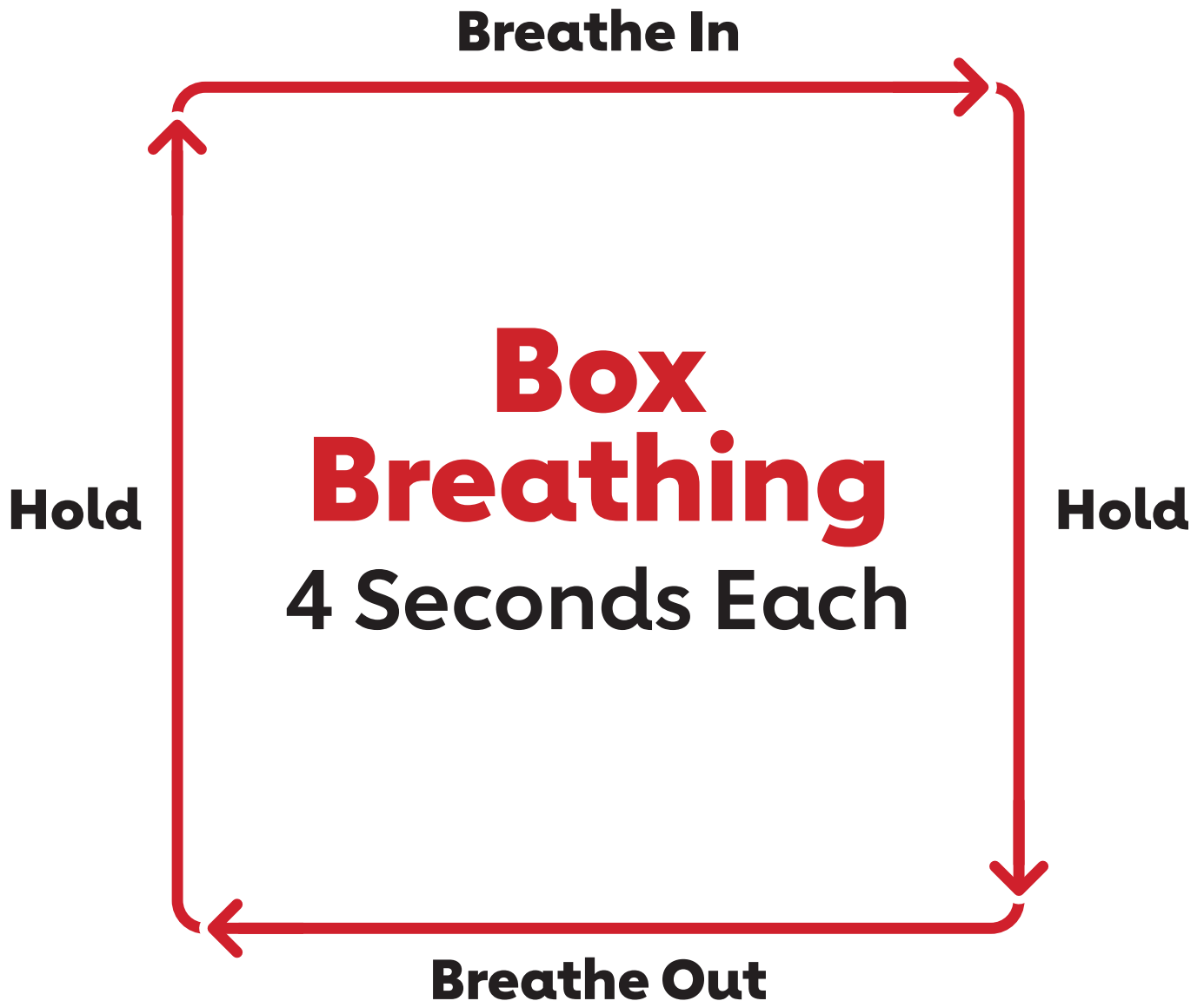
It is important to eat a colorful diet, especially as kids! Don't forget to fill your plate with lots of fruits and vegetables, whole grains, proteins and some dairy products. Grab your most colorful crayons and colored pencils and fill your plate with color! Draw in at least two foods from each group.





Wellness Wednesday

Let's relax together by practicing this 5 times.



Use this any time you need to feel more calm or relaxed.
You can even try this at bedtime.



Thoughtful Thursday

Do this at home and bring it back to your teacher tomorrow.

My name: _____

I like school because:



I have fun
I learn so much
I see my friends

I like to read
I like to draw
I like my teacher

I'm thankful you're my teacher because you're:



kind
caring
thoughtful

funny
sweet
nice

It makes my heart happy when I:

laugh
sing
play

dance
snuggle
run



Spreading kindness is good for your heart.





Thoughtful Thursday

Do this in class and bring home to your family.

My name: _____

I love you because:

we have fun
you teach me so much
you're also my friend

we read together
we draw together
we play together



I'm thankful you're in my life because you're:



kind
caring
thoughtful

funny
sweet
nice

It makes my heart happy when we:

laugh
sing
play

dance
snuggle
run



Spreading kindness is good for your heart.



Finn's Friday



Learn CPR as a family

Finn Survivor

Finn was born with multiple serious heart defects and spent the first eight months of his life in the hospital. Finn has undergone 18 procedures, including two open heart surgeries. Today, Finn sometimes gets more tired than other kids, but he is very full of life. He loves to climb, jump and play with his brother. He will need another surgery in the future, which is dependent on medical advancements funded by programs like Kids Heart Challenge.

Learn Hands-Only CPR
as a family in Finn's Mission
(located in your
headquarters online).

Complete Finn's Mission at
heart.org/schools

2 STEPS TO **SAVE A LIFE**

Call 911



Push hard
and fast

