LET’S KICK OFF THE KHC ROAD TRIP!

MATERIALS:
- Brightly colored bulletin board paper (background)
- Seven character cutouts (print these at Kids Heart Challenge Headquarters Teacher’s Resources)
- Colorful scrap paper
- Markers or crayons
- Scissors
- Stapler

STEPS:
1. Cover a bulletin board (or large wall space) with the bulletin board paper. Add the title.
2. Download the characters to print: heart.org/educationalresources
3. Have each student cut a map pin shape from the scrap paper and write his or her name on the cutout.
4. Staple the character sheets and decorative cutouts to the display.

Make it interactive!
Keep a die, yarn, and two push pins handy. Each morning have a volunteer roll the die, find the corresponding character on the display and introduce the character to the class. Have a second volunteer repeat the sequence. Use the yarn and push pins to connect the two characters. Ask students to make the goals of these two characters their healthy habit goals for the day. Wrap up the day by recapping your students’ accomplishments.
Crew loves being part of a team! They like to hear what others on a team think and learn what things they want to do on the team. Crew knows sometimes being a great team member is about helping cheer on the rest of your team!
Flash is always on the move. They enjoy soccer, tennis and walking with friends. When Flash gets active, they feel better — in their body and in their mind. Sometimes when they feel stressed or worried, Flash goes for a walk or dances around their room a bit. That always makes them feel a little better. Flash always gives their best effort at everything they do.
Banks seriously loves water. They always drink lots of water every day to help their body be its best. Banks also cares about the environment and not wasting our water resources. They don’t leave the water running while brushing their teeth. And they carry a reusable water bottle so they don’t throw plastic water bottles away. Never without their Finn floaty, Banks is always ready to jump in on fun — and in water!
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Amor has a super kind heart and Max is a therapy dog. Together they visit kids with specials hearts. They feel great when helping others feel good.

Amor keeps a gratitude journal, taking a moment every day to notice something they are grateful for.
Sky wants everyone to say NO to tobacco and vaping. Sky cares about clean lungs and clean air. Avoiding tobacco and vaping helps them breathe and fuel their body with oxygen. Sky has a black belt in martial arts and wants to use their skills to protect people by defeating tobacco!
Lee helps others come together to accomplish shared goals or solve problems. They are a great listener and respects others. Lee always tries to be fair — and never allows bullying.
Captain is our Road Trip guide. They know all the interesting facts and places to stop in every state. Captain has fun pit stops planned for everyone — sometimes a special guest appears and other times the whole group joins in on a fun activity or team challenge to unlock more fun. Captain is organized and always puts safety first.