

Challenge!

Take the

Invite your fellow teachers to join in the fun by seeing who can get the most students registered and signed up for their personal health challenges.

Two Ways to Play:

1. Track total number of students registered per teacher, pod or grade.
2. Hold a drawing and reward one entry for every 10 students registered.

Motivators!

Track team progress on the provided posters. Hang them in a visible place and keep the competitive spirit going.

Consider offering a prize for the winning class/group. Display the winner's name(s) in a place of honor in the hallway.

Once the Kids Heart Challenge day arrives, your program coordinator will tally the registration and pick the classroom winners. Good luck!



Tips for Teachers

- **Create a Kids Heart Challenge daily countdown.** Post large numbers on your door or wall and put a student(s) in charge of updating them. If students know how many days are left before the Kids Heart Challenge, they'll be less likely to let the date sneak up on them and more likely to register.
- **Brainstorm a fun name for your class team.** Ms. Jones' Jazzy Jumpers or Mr. Calvin's Kickin' Kangaroos are sure to register and take the challenge!
- **Add free and fun incentives.** For example, as students register, invite them to join you for lunch. Each time the class has five new registrants, give kids five extra minutes of recess or free time. The class that gets the most students registered the first week gets to lead the school in a cheer, go first at the jump rope event or learn special jump rope tricks in PE that week.



Find more great resources at heart.org/KHC.

- **Challenge the teacher across the hall.** Make a deal that the class with the most registrants each week gets to go first in the lunch line or gets homework passes. Feeling daring? The winning teacher can agree to dye his/her hair in school colors or come to school in PJs.
- **Keep parents up to date.** Deadlines often sneak up on busy families. As you create your weekly class emails or newsletters or update your web page, remind parents of the Kids Heart Challenge date and update them on the number of students registered. Check out the handy cut-and-paste messages below to keep families in the loop.
- **Remind students daily** about how important it is to do good deeds, form healthy habits and help those with sick hearts. Share these morning announcements (coming soon) or fascinating facts (coming soon) to keep the Kids Heart Challenge top of mind.
- **Celebrate the winning class.** Announce the winners during school announcements, display the class name proudly in the hallways and bestow any prizes your school may be awarding.



Get Started Now

Plan your Kids Heart Challenge activities and start talking about the big event to your students. Let the fun begin!

Copy and paste the messages below into your emails and parent newsletters and onto your web page. To get them in an editable format, go to heart.org/teacherresources.

Getting ready: send on _____

Mark your calendar! The American Heart Association Kids Heart Challenge will be on [DATE] starting at [TIME]. To get started, download the Kids Heart Challenge app in your app store to register or visit heart.org/KHC. Your child will earn a cool wristband with a coded message just for registering!

Two weeks away: send on _____

Our annual American Heart Association Kids Heart Challenge event is just two weeks away! If you haven't done so already, help your child sign up by downloading our Kids Heart Challenge app in your app store or visiting heart.org/KHC. Our class is competing to get the most students registered.

One week away: send on _____

Has your child picked a heart challenge? The annual American Heart Association Kids Heart Challenge event is next week! Help your child sign up and choose a challenge at heart.org/KHC or search "Kids Heart Challenge" in your app store to download the app and register. Remember, during registration your child will take one of three healthy challenges: "move more", "be kind" or "choose water."

Tomorrow: send on _____

Tomorrow is the big day! We'll have a blast in the annual American Heart Association Kids Heart Challenge. It's not too late to sign up and choose a heart-healthy challenge. Go to heart.org/KHC or search "Kids Heart Challenge" in your app store to download the app and register. We're looking forward to a fun-filled event!

After the event: send on _____

We did it! [number] students registered for this year's American Heart Association Kids Heart Challenge and had a blast learning about heart and emotional health. Thank you for supporting us!

If you didn't get a chance to register, it's not too late to get in on the fun. Simply download the Kids Heart Challenge app in your app store or visit heart.org/KHC to register and take the healthy challenges. We're taking these challenges not just or a few weeks; we're taking them for life. Join us!



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