



MATERIALS:

- Stage themed background or brightly colored bulletin board paper
- Spotlight, microphone, music note, and star themed cutouts
- Six Kids Heart Challenge character cutouts
- Colorful paper stars, hearts, or backstage passes
- Markers or crayons
- Scissors
- Stapler or tape

STEPS:

- 1. Prepare the Background**
 - Cover the bulletin board with black background paper.
 - Add a large title such as “ACTIVATE YOUR HEART POWER!”
- 2. Build the Display**
 - Place the Kids Heart Challenge characters throughout the board.
 - Add colorful hearts, stars, or other fun decorations.
 - Create an engaging display that celebrates heart healthy habits.
- 3. Student Participation**
 - Each student who completes Finn’s Mission creates a heart or star with their name on it.
 - Add each student’s piece to the display.
 - Watch the display grow as more students activate their heart power and become lifesavers.

INTRODUCE A NEW CHARACTER EACH DAY!

Each morning, have a volunteer read a character’s description to the class. Discuss the healthy habit or challenge connected to that character and encourage students to set a goal for the day. Examples include drinking water instead of sugary beverages, getting plenty of sleep, being active, or practicing kindness. The following day, invite students to share their accomplishments and celebrate their success as they continue their journey to becoming lifesavers.



American Heart
Association.

**KIDS
HEART
CHALLENGE™**

**Be a
Leader,
Be Kind!**



INDI

Indi says kindness is like a boomerang: toss it out,
and it comes back to you. Doing something kind
helps someone else feel good and gives you
a happy boost too.



American Heart
Association.

**KIDS
HEART
CHALLENGE™**

**Be a
Lifesaver,
Call 911!**



**Tempo knows that learning Hands-Only CPR is a
real-life superpower that everybody should have.
When you know what to do in an emergency, you
can help save a life!**



American Heart
Association.

**KIDS
HEART
CHALLENGE™**

**Move
More!**



ZOOMIE

Moving helps you feel strong, happy, and confident.
Zoomie sneaks in extra movement all day long—walking,
stretching, even dancing during tooth-brushing time. Zoomie
challenges you to add one fun new move to your day!



American Heart
Association.

**KIDS
HEART
CHALLENGE™**

**Sleep
More!**



Sleep is when your body and brain power up for a new day. Dreamer wants you to know your body needs at least 9 hours of sleep each night to rest, grow and get stronger!



American Heart
Association.

**KIDS
HEART
CHALLENGE™**

**Avoid
Vaping &
Tobacco!**



BEACON

Clean lungs help you play harder, breathe easier and feel your best every day. Beacon's here to help you choose what keeps you strong—avoiding vaping and tobacco. Let fresh air in and keep harmful stuff out!



American Heart
Association.

**KIDS
HEART
CHALLENGE™**

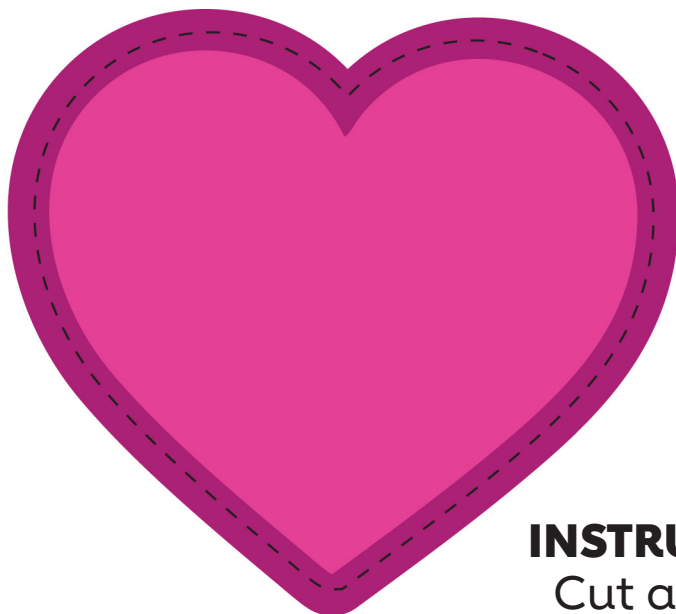
***Food is
Fuel!***



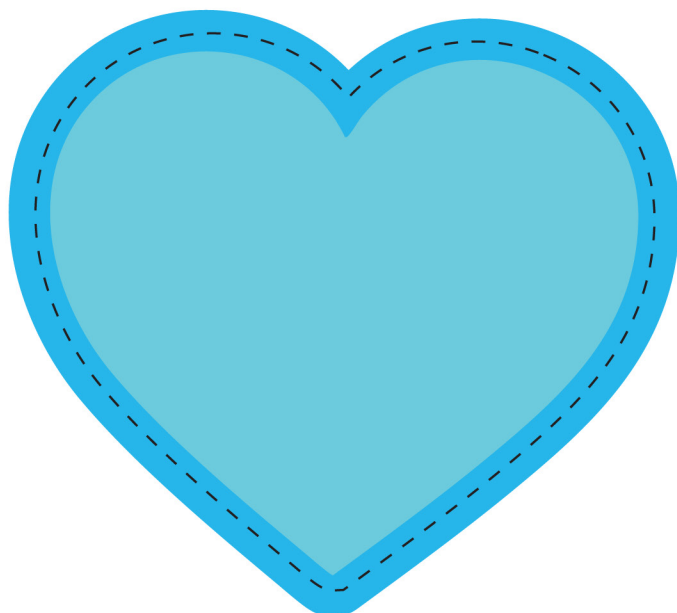
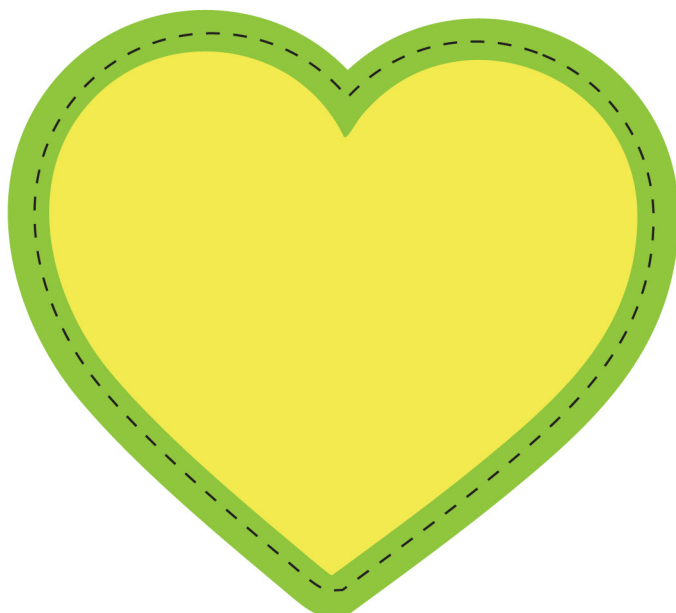
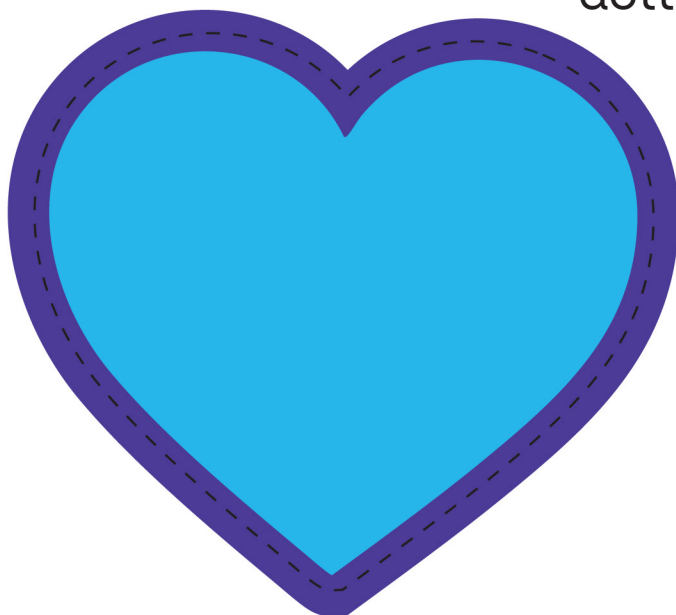
Berry knows your body works a lot like a car — and what you eat and drink is its fuel. Filling up with plenty of fruits, veggies, and water helps you feel your best so you can run, play, and stay energized all day.

INSTRUCTIONS:
Cut along the
dotted line.





INSTRUCTIONS:
Cut along the
dotted line.



INSTRUCTIONS:
Cut along the
dotted line.

