BE A LEADER

Iker thinks leadership is a terrific way to help others and loves to organize teams to help solve challenges. Iker always swoops in to stop bullying.
BE KIND

Journey takes time every day to be grateful. This helps Journey stay calm. Journey is one happy heart!
Kai loves water and always chooses it over sugary beverages. Known for fin-like hair, "Kai" means "sea" in Hawaiian.
Agent KHC is the keeper of clues and shows up to give us hints to help us solve the Heart Hero Missions.
It’s important to Sam that you — and everyone — say NO to tobacco and vaping. Keeping our lungs and hearts healthy helps keep them strong.
Taye knows that small hands can help big. You’ll often find Taye volunteering at the local animal shelter. That’s where Taye’s family got Scout — their dog and Taye’s best friend!
Dash is always ready to run, dance or play a game of basketball with friends. Dash’s family loves all kinds of music and sometimes even has dance parties in their living room just to get the wiggles out together.