



American Heart
Association.

**KIDS
HEART
CHALLENGE™**



MATERIALS:

- Stage themed background or brightly colored bulletin board paper (background)
- Seven character cutouts
- 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](https://www.heart.org/educationalresources)
3. Have each student cut a heart from the scrap paper and write their name on the cutout to decorate the board.
4. Staple the character sheets and decorative cutouts to the display.



INTRODUCE A NEW CHARACTER EACH DAY!

Each morning have a volunteer read a character's description to the class. Ask students to set goals related to that character. For instance, avoid sodas and drink only water, get 10 hours of sleep that night, etc. The next morning, ask students to share what they did and celebrate their accomplishments.