



American Heart Association.

**KIDS
HEART
CHALLENGE™**



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.

