



## KHC Morning Announcement Scripts

1. Hello Heart Heroes - It's time for today's Kids Heart Challenge moment of the day! Did you know the heart pumps out about 83 gallons of blood each hour?!! That's one hard-working organ! You can work hard, too! When you get home tonight, try running in place for 30 seconds or do 5 lunges on each leg. When you're finished, don't forget to tell your parent to download the KHC App and take the BE ACTIVE challenge!
2. Hi Heart Heroes, Good morning!!!! Are you ready for today's Kids Heart Challenge moment? Physical activity doesn't just build strong muscles, it strengthens your bones and can improve your emotional well-being! Download the Kids Heart Challenge App with your parents and encourage them to get out and MOVE MORE with you to keep everyone's hearts healthy!
3. Good morning! It is Kids Heart Challenge time! Raise your hand if you drank at least one glass of water yesterday. **(pause)** Wow! That's great! Water helps your heart pump blood more easily. It delivers oxygen to your brain and all the cells in your body. Make a promise to your body to drink water this week instead of sugary beverages like soda and sports drinks!
4. Hello Heart Heroes! Do you know how you can make your heart happy? Daily affirmations! What does that mean? I'll show you! Say these three things after me: I am strong **(pause)** I am smart **(pause)** I am kind **(pause)**. Great work! Don't forget to tell your parents to go onto the KHC App tonight. In the app you can find information on keeping your heart healthy. Share what you are learning with friends & family!
5. It is Kids Heart Challenge fact time! Did you know doing something nice for someone makes you feel good, too? Give it a try! Help someone today and see how it makes you feel. It can be something as simple as holding the door open or helping to pick up a mess. When you're finished you can log onto our Kids Heart Challenge website with your parents and take the challenge to do something kind every day!
6. Hi Heart Heroes! It is time for our Kids Heart Challenge Morning Moment. Physical activity doesn't just build strong muscles, it strengthens your bones and improves your emotional well-being. Give it a try! Invite a new friend to play today. You'll feel good physically and you'll be happy you did something nice. In the Kids Heart Challenge app there are more ways your family can stay active together. Try it with your family tonight!
7. We need to get some blood pumping this morning, Heart Heroes! Everyone stand-up at your desks! **(pause)** It's important to get our hearts pumped up every single day, so let's start with five jumping jacks! Ready? GO! One. Two. Three. Four. Five. Phew! Great job! Exercise can be easy if you break it up into little movements throughout the day. Play games and have fun being active with your family to earn one of Finn's Mission badges in the Kids Heart Challenge app.
8. Hello Heart Heroes! We have a mission for you today. Do you know what a stroke is? A stroke is something that happens to the body & brain and requires a doctor's help. You can learn how to spot a stroke and help save a life in the Kids Heart Challenge App. Learn the signs of a stroke with your family tonight.

9. Another great morning to be a Heart Hero! Today we want to remind you that brain health is super important for your wellness. The American Heart Association recommends practicing mindfulness to help you feel calmer and more relaxed. So today work on taking deep breaths, getting active and even giggling! Lets try taking 5 slow breaths together. Ready? Breathe in **(pause)** breathe out. Breathe in **(pause)** breathe out. Breathe in **(pause)** breathe out. Breathe in **(pause)** breathe out. Breathe in **(pause)** breathe out. How do you feel?? Look for more brain health tips in the Kids Heart Challenge app.
10. Happy Day, Heart Heroes! Being kind is as simple as smiling. Did you know it is easier to smile than frown? Try smiling more today! Perhaps your smile will brighten someone else's day and they will surely be smiling, too! Take the challenge to do something kind every day on our Kids Heart Challenge app.
11. Let's get moving this morning Heart Heroes! It's time for a quick little workout my friends! Let's all stand up at our desk and jump in place. If you're not able to do this movement, don't worry! Anything that gets your heart pumped will do. Ready? Let's go! **One. Two. Three. Four. Five.** Now, don't forget to complete your daily Move More challenge on the Kids Heart Challenge app when you get home!
12. It is Kids Heart Challenge fun fact time! Capillaries are the smallest blood vessels in the body, even smaller than a human hair! Some can only allow one blood cell at a time. It's important to take care of these tiny capillaries by eating healthy, drinking plenty of water and saying NO to vaping and tobacco! Learn more about keeping your heart healthy with the American Heart Association by signing up for the Kids Heart Challenge today.
13. Are you feeling tired this morning Heart Heroes? It is important to get enough sleep at night. Sleep helps your brain work better, your body build muscle, and you feel better! Set a goal to get 10-11 hours of sleep every night this week, and make sure you're tracking your wins with the Kids Heart Challenge app or website.
14. It is Kids Heart Challenge morning Moment time, Heart Heroes! The average heart beats 108,000 times per day. That is about 3 billion heartbeats in a lifetime. Do you know what else beats? Music! Keep your heart strong and healthy by taking multiple dance breaks throughout the day! Today's challenge is to complete a move more mission in your Kids Heart Challenge activities!
15. Good morning Heart Heroes! Getting active isn't only for recess and PE time! it is important to add movement throughout your day. Remind your family to move more at home to keep your loved ones healthy too. Ask your family to download the Kids Heart Challenge app and get active together today at home. Give a classmate a high five if you like to be active with your family!
16. Hello again Heart Heroes. Each year, about 800,000 people suffer from heart-related conditions in the United States. Thank you for doing your part by keeping your heart healthy with the American Heart Association and raising donations with the Kids Heart Challenge! It's not too late, download the app or find our school at [heart.org/khc](http://heart.org/khc) tonight.
17. Hi there, Heart Heroes! You are amazing and the only YOU there is! Take some time to celebrate yourself today by speaking as kindly to yourself as you would a friend. Remember that you can complete daily kindness challenges at [heart.org/khc](http://heart.org/khc) or in our Kids Heart Challenge app!

### Special Announcements:

1. 15 sec of music, announcement and that's it for every file
2. Kicking off the event: The American Heart Association's Kids Heart Challenge is kicking off soon! Can you believe it? Start getting your stretches in now because we are gearing up for a few weeks of heart-pumping fun! If you want to get a jump start, download the Kids Heart Challenge app with your parents when you get home tonight.
3. Mid-events Reminder: Man, time flies when you're having fun! We are halfway through our Kids Heart Challenge event! If you haven't had a chance to take one of our heart challenges yet, don't worry! There is still time. Jump on the Kids Heart Challenge website or download the Kids Heart Challenge app tonight.
4. Envelope Due Tomorrow: Kids Heart Challenge is coming to an end, but don't worry! The lifesaving donations our school has raised will continue to help people with sick hearts long after our program is over! Don't forget to turn in your collection envelope tomorrow!
5. Envelope Due on Friday: Kids Heart Challenge is coming to an end, but don't worry! The lifesaving donations our school has raised will continue to help people with sick hearts long after our program is over! Don't forget to turn in your collection envelope this Friday!
6. Envelope Due on Monday: Kids Heart Challenge is coming to an end, but don't worry! The lifesaving donations our school has raised will continue to help people with sick hearts long after our program is over! Don't forget to turn in your collection envelope on Monday!
7. Thank you: 'When you are kind to others, it not only changes you, it changes the world.'-Harold Kushner. Students, our Kids Heart Challenge program has officially completed and your kindness and generosity has certainly changed the world. THANK YOU for all your hard work to support the American Heart Association. YOU have made a big difference in the lives of so many people affected by heart disease. We couldn't do it without you!
8. Receiving Captain KHC: Hey kids, This just in! We just received a piece of mail in the office addressed to "lifesaving students everywhere". Should I read it? **(pause)** Ok, Ok. I'll open it! It says: Hi boys and girls! It is Captain KHC! I am out on the road enjoying my road trip across the country from school to school with my heart hero friends. I have some great news! I am coming to your school next! Students who collect \$150 in lifesaving donations get to take ME home with them! I can't wait to meet you and thank you for your hard work!
9. Receiving Finn's Lifesaving Award (completing Finn's Mission):