American Heart Association.
KIDS HEART CHALLENGE | AMERICAN HEART CHALLENGE

PRINCIPAL'S GUIDE

ENERGIZE YOUR SCHOOL WITH THESE

FUN AND EDUCATIONAL BRAIN BOOSTS

Students and staff will be up and moving, laughing, and learning all about heart healthy habits. Here's what you'll find in this brain booster kit:

- **20 brain booster activities**
- **Fascinating facts to share**
- **Fun add-ons**
- **Colorful badges to post around your school**

Ready to get started? Here's what to do.

1. Distribute the brain boosters to your teachers or encourage teachers to download them at the Kids Heart Challenge Headquarters > Teacher's Resources. Let teachers know that they can use these activities their students need a quick stretch. The activities require only basic classroom materials so teachers won't need to prepare items in advance.
2. Let teachers know that each activity takes only a few minutes but provides a welcome brain boost.
3. Encourage teachers to check off the activities they've done on their tracking sheets. Then they should cut out the badge for the activity and post it outside the classroom door to show all that students are learning and doing.
4. The kit also includes Just for Fun activities, which can be used throughout the day, and quick educational facts to share. Consider including the facts in your morning announcements, on your school website, and in any communications with families.
5. Encourage a little fun competition. Challenge classes to see which one completes the most activities each week, and congratulate the weekly winners during the morning announcements.

Choose one of the brain boosters to try in the middle of your next staff meeting. It's a great way to remind teachers of the value of getting up and moving. Everyone will be energized.

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