

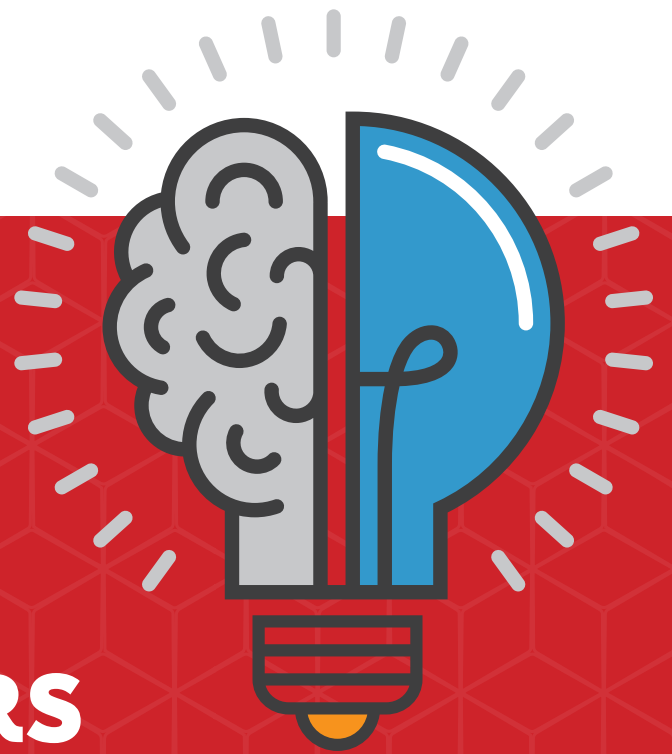


American
Heart
Association.





TEACHER'S GUIDE

ENERGIZE YOUR CLASS WITH THESE

FUN AND EDUCATIONAL BRAIN BOOSTERS



Get students stretching, jumping, moving, laughing, and learning all about 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 outside your classroom door

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

1. Select a quick and fun brain booster activity. You'll find a variety to choose from; all require only basic classroom materials so you won't need to prepare items in advance.
2. Glance over the simple directions, then lead students in doing the activity. Spend just a few minutes doing the activity and provide a welcome break during the day.
3. Once you're done, check off the activity on your tracking sheet. Cut out the badge for the activity and post it outside your classroom door to show others what students are learning and doing.
4. Review the Just for Fun activity. If time allows, invite students to try this activity too. Otherwise save it as a five-minute filler for later in the day, on the way to the playground, or just before the school day wraps up.
5. Be sure to share the quick facts at the bottom of the page. Read these aloud or write them on the board, and encourage students to share them with friends and family. In your class newsletter or your next email to families, encourage families to ask students what they've learned about physical activity, tobacco use, and so forth and include a few of these facts.

Add to the fun by launching a classroom competition to see which class completes the most activities each week, and ask your principal to give a shout-out to the winners during the morning announcements. Plus, use brain boosters to reward your class for a job well done, such as 100% homework completion, powering through a tough topic, or finishing a unit or test.

Once you've tried a variety of activities, have students take turns choosing one each day to repeat. They'll look forward to doing their favorites all year long!

To add extra fun after you've done all of the brain boosters once, print an extra copy of the badges, cut them apart, and place them in a bag. Invite a student to randomly select one from the bag (without peeking!) to be the brain booster for the day.

Engage students' curiosity with this display. As you complete each brain booster, use the badge to start forming a letter in a word like HEART, HEALTH, HAPPY, HELP, or KIND. Keep adding to the letter until it's formed, then start on the next letter in the word. Challenge students to try to guess the word before all of the letters are formed. Keep going until the word is completed—then start all over again! To mix things up, next time make a heart, smiley face, or other simple shape with the badges or work to do enough brain boosters so that the badges go the whole way around your classroom door.



**ZAP
that Salt!**



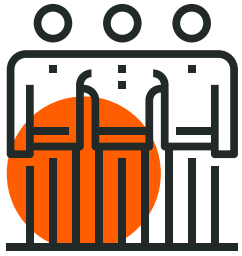
**Eat the
Rainbow**



**Make a move
for Kindness**



Got to Move



**Here to
Help**



Just Say NO!



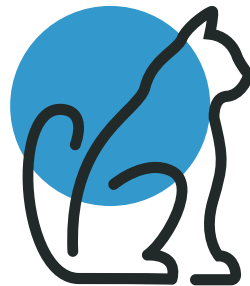
**Do a Speedy
Switch**



**Up, Down,
Stop, Go**



**Ride the
Wave**



Cat and Mouse



Sound the Alarm



Mix it Up



Gettin' Silly



Harvest Time!



Shake it Out



Hoola Hoop Hoopla



**Heart
Tune Up**



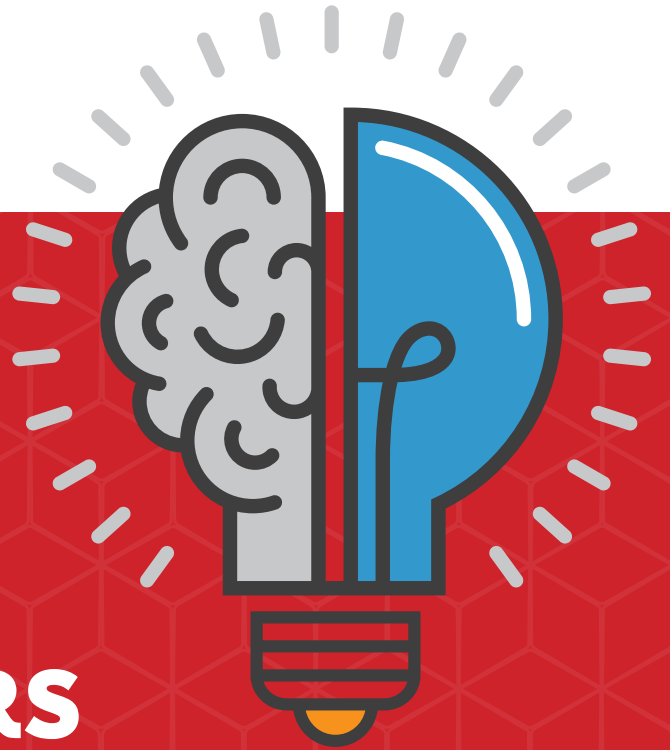
Pass it On



**The Beat
Goes On**



Fitness Jam



PRINCIPAL'S GUIDE

ENERGIZE YOUR SCHOOL WITH THESE

FUN AND EDUCATIONAL BRAIN BOOSTERS

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.



REDUCE SALT INTAKE
SHAKE IT OUT

JUST FOR FUN

- 1. Stand on one foot for 30 seconds.
- 2. Stand on the other foot for 30 seconds.
- 3. Stand on both feet for 30 seconds.
- 4. Stand on one foot for 30 seconds.
- 5. Stand on the other foot for 30 seconds.
- 6. Stand on both feet for 30 seconds.

QUICK FACT TO SHARE

Being too much salt makes your heart work harder. On average, people ages 17 to 64 about double the amount of salt they should eat. The American Heart Association recommends that you eat a limited amount of salt each day. For most people, that's less than 2,300 milligrams a day. For people with high blood pressure, heart failure, kidney disease, or other conditions, that's less than 1,500 milligrams a day.



EAT PLENTY OF FRUITS & VEGGIES
HARVEST TIME

JUST FOR FUN

- 1. Eat a fruit and a vegetable.
- 2. Eat a fruit and a vegetable.
- 3. Eat a fruit and a vegetable.
- 4. Eat a fruit and a vegetable.
- 5. Eat a fruit and a vegetable.
- 6. Eat a fruit and a vegetable.

QUICK FACT TO SHARE

Eating a variety of fruits and vegetables can help you stay healthy. They are full of vitamins, minerals, and fiber. They can also help you lose weight and lower your risk of heart disease. Try to eat a variety of fruits and vegetables every day. Aim for at least 5 servings a day.



KNOW YOUR HEART
GETTIN' SILLY

JUST FOR FUN

- 1. Sing a song about your heart.
- 2. Sing a song about your heart.
- 3. Sing a song about your heart.
- 4. Sing a song about your heart.
- 5. Sing a song about your heart.
- 6. Sing a song about your heart.

QUICK FACT TO SHARE

Smiling gives your heart a boost. It can reduce your risk of heart disease. Smiling can also help you feel better. Try to smile often. It's a simple way to keep your heart healthy.