

MIND + BODY = HEALTH for all!

KIDS HEART CHALLENGE. INSPIRING & SUPPORTING WHOLE BODY HEALTH.

Engaging in regular physical activity, eating a heart-healthy diet and avoiding tobacco are important to wellness. But do you know so is mental health? It can positively (or negatively) affect your health and risk factors for heart disease and stroke. That's why Kids Heart Challenge, a fundraising, service-learning program, provides lessons, tools and activities to support both mental and physical well-being for your students, families and staff.

MENTAL WELL-BEING AND LIFE SKILLS: highlighting how helping others and being kind can lift mood and self-esteem through service-learning.

- Posters: kindness, respect, communication, affirmations and more
- Videos: mindfulness and breathing exercises
- Service-learning: raising funds for kids with special hearts
- Lesson Plans: conflict resolution, bullying, teamwork
- Calming Walls: relaxing videos
- Brain Boosters: quick breaks that get everyone up and moving

BODY WELLNESS: highlighting nutrition, sleep, physical activity and avoiding tobacco to establish healthy habits for life.

- Skills Videos: jump rope, basketball, dance and stretching
- NFL Play 60: player, mascot and cheerleader led activity videos
- OPEN: activity plans supporting physical activity in the classroom and gym
- Healthy Eating: tips and recipes
- Posters: physical activity, sleep and avoiding tobacco/vaping
- Bilingual: family and faculty newsletters
- Lesson Plans: physical activity, vaping, water, sleep and STEAM
- Morning Announcements: body wellness and mental well-being

EXPLORING THE WORLD OF STEAM: opening the eyes of students to the exciting world of STEAM and STEAM careers. Your students may be future AHA-funded researchers — saving lives by advancing science.

- Augmented Reality: field trips through the heart, brain and lungs
- Videos: career pathing
- Lesson Plans: interactive
- Young Scientists Contest: chance to attend the largest cardiovascular conference in the world!

BE YOUR BEST SELF: helping students explore and discover new passions, including music, art, journaling and cooking. Students can even become young advocates for the AHA's mission.

- Videos: celebrity led dance routines
- Recipes: delicious and healthy
- Music Playlists: get your heart pumping
- Videos: cooking healthy recipes
- Coloring sheets
- Poster: celebrate and be kind to yourself
- Journaling

SCHOOL AND TEACHER BENEFITS: resources supporting the work of our schools and the well-being of our staff partners.

- Grants: supporting school wellness
- Scholarships: juniors and seniors
- Professional Staff Development
- Training: webinars and online resources
- Newsletters: stress, sleep, workouts and healthy recipes
- Learning Hands-Only CPR