



American Heart
Association.
**AMERICAN
HEART
CHALLENGE™**

EMPOWERING STUDENTS TO CHANGE THEIR WORLD

THE AMERICAN HEART CHALLENGE IS A SERVICE-LEARNING PROGRAM THAT GIVES MIDDLE AND HIGH SCHOOL STUDENTS THE OPPORTUNITY TO FEEL GOOD, WHILE DOING GOOD. IT'S A WAY FOR STUDENTS TO BETTER THEIR LIFE — ALL WHILE CHANGING SOMEONE ELSE'S.

We know the mental well-being of your school community is important to you. It can positively (or negatively) affect your health and risk factors for heart disease and stroke. That's why the American 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

- Activities on kindness, affirmations, gratitude and more
- Videos taking students through mindfulness and breathing exercises
- Virtual calming walls
- Lesson plans covering topics such as conflict resolution, bullying and teamwork
- Service-learning program raising funds for kids with special hearts



BODY WELLNESS

- Skills videos for jump rope, basketball, dance and stretching
- OPEN activity plans supporting physical activity in the classroom and gym
- Bilingual family and faculty newsletters
- Posters highlighting the importance of physical activity, sleep and avoiding tobacco/vaping
- Morning announcements that focus on whole body wellness



EXPLORING THE WORLD OF STEAM

- Augmented reality field trips through the heart, brain and lungs
- Career pathing videos
- Interactive lesson plans
- Young scientists contest with the chance to attend the largest cardiovascular conference in the world



BE YOUR BEST SELF

- College scholarships for juniors and seniors
- Celebrity led dance routines
- Delicious and healthy recipe videos
- Heart-pumping music playlists
- Journaling and coloring sheets



SCHOOL & TEACHER BENEFITS

- School wellness grants
- Professional development opportunities
- Educational training webinars on health topics
- Learning Hands-Only CPR
- Monthly newsletters covering topics such as stress, sleep, workouts and healthy recipes

Quinn
Survivor



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READY TO SAVE LIVES?

SCAN TO SIGN UP
[HEART.ORG/AHC](https://heart.org/AHC)



Quinn
Survivor



**SIGN UP AND JOIN
SCHOOLS ACROSS
THE COUNTRY IN THE
AMERICAN HEART
CHALLENGE!**



**AN AMERICAN HEART
ASSOCIATION STAFF PARTNER
WILL WORK WITH YOU TO
PLAN YOUR PROGRAM,
SUPPORTING YOU EVERY STEP!**



**CELEBRATE THE
DIFFERENCE YOU
AND YOUR STUDENTS
HAVE MADE IN YOUR
COMMUNITY & BEYOND!**

**GLOW WITH
HEART**