

Kids Heart Challenge Virtual Resources and Engagement



Kids Heart Challenge Virtual “Kick Cabin Fever to the Curb” is a 10-day interactive program helping students remain active while learning virtually. Schools are encouraged to kick off the challenge with a virtual assembly and registered students will receive daily challenges and activities to do as a family.

Students can take part in Finn’s Missions, learning the warning signs of stroke, hands-only CPR and much more!

Families will take the challenge to exercise for 30 minutes each day and share their progress on their school’s Facebook site and Kids Heart Challenge social media! Participants also can choose to further their

support of the AHA through personal donations and asking friends and family to donate.



The program will include:

- Virtual or pre-recorded video assembly for each school implemented by AHA staff, Principal and/or Coordinator
- An email for the Principal/Coordinator to send to all students and families to sign up for the 10-day challenge
- 10-day email series that includes videos about Kids Heart Challenge, Heart Heroes, fun tips and activities to do as a family
- Ongoing messages to encourage the child and parent to keep active and engaged in the program
- Messages that parents and kids can share on social media
- Celebration Day upon completion of challenge



Contact your local Youth Market Director or email easternstates.youthmarket@heart.org

to sign up for Kids Heart Challenge Virtual today!



<p>Day 1</p> <p>Everybody Dance Now</p> 	<p>Day 2</p> <p>Know Your Heart</p> 	<p>Day 3</p> <p>Finn’s Missions</p> 	<p>Day 4</p> <p>Jump Around</p> 	<p>Day 5</p> <p>Connect the Dots</p> 
<p>Day 6</p> <p>Think FAST</p> 	<p>Day 7</p> <p>Heart-Healthy Meals</p> 	<p>Day 8</p> <p>Game Day</p> 	<p>Day 9</p> <p>Playing with Gratitude</p> 	<p>Day 10</p> <p>25 Ways to Move</p> 

