



# SPRING BREAK CHALLENGE





# SPRING BREAK CHALLENGE DAY 1





## TODAY'S CHALLENGES

### PHYSICAL CHALLENGE

For today's physical challenge, we want to loosen you up so you can show us your dance moves!

**Complete 100 jumping jacks (try 4 sets of 25) to get your heart beating and body moving.**

### KINDNESS CHALLENGE

A kind word is often all that is needed to truly make someone's day.

**Take a few minutes today to call a family member or friend and say hello. They will love to hear your voice!**

Hello, Heart Hero!

Welcome to your first day of Kids Heart Challenge Virtual! We are so happy you're joining students across the country in an exciting 10-

day journey!

## **Today's theme is DANCE!**

In an effort to avoid potential stir-crazy chaos during school closures, your registered child will receive heart-healthy activities, recipes, tips and inspiring stories as a part of the Kids Heart Challenge's Kick Cabin Fever to the Curb. We are excited to share these daily resources to help your family stay heart healthy.

So, let's get this dance party started – a great way to keep blood pumping and energy levels high. Not to mention a fun and easy way to get your family movin' and groovin'!

Today, take a moment to learn one of the videos below, record your family's dances and post to social media with the hashtag #kidsheartchallenge and #movemore.

The instructional videos are available below. We can't wait to see your family's moves!



[Elementary Routine](#)



[Jazz Routine](#)



[Hip Hop Routine](#)

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**MAKING A POSITIVE IMPACT**

We know that right now times are uncertain. But we are still working hard to find new treatments for heart disease and stroke. And we need you now more than ever before.

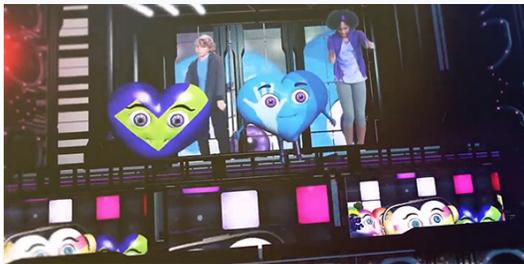
Your hard work is funding research that saves lives. Over the past 50 years, people with big hearts like yours has helped reduce the number of people dying from cardiovascular disease by more than 70%.

**Thank you for raising lifesaving funds!**

**KEEP FUNDRAISING**

## KICK CABIN FEVER FEATURES

### Featured Video



[Heart Hero Dance Party](#)

### Today's Activities



[Get the Whole Family Moving at Home  
Dance It Out](#)

### Tasty Recipes

### Tips of the Day



[Berry Nuts Granola Bars](#)  
[Homestyle Chicken Noodle Soup](#)



[Physical Activity Recommendations for Kids](#)  
[Indoor Recess Activities To Do A Home](#)

**SHARE! SHARE! SHARE!**

Show off those dance moves! Make sure to share the photos and videos you take today.





# SPRING BREAK CHALLENGE DAY 2





## TODAY'S CHALLENGES

### PHYSICAL CHALLENGE

Get those muscles warm!

**Set a timer for 10 minutes and stretch those muscles.**

### KINDNESS CHALLENGE

Be kind to yourself!

**Carve out 15 minutes of your busy day to be outdoors.**

Hello, Heart Hero!

Today's Kids Heart Challenge Virtual update is all about how you and your family can **KNOW YOUR HEART.**

Create some fun family competition with this [Heart Healthy](#)

[Bingo](#) game and discover the [anatomy of the heart](#).

You may be asking why this is so important. [Allow our Heart Hero Alexa and her mom, to share with you about their journey with heart disease](#).



By supporting the work of the American Heart Association, you are helping to save the lives of kids like Alexa born with special hearts.

Please take a few minutes today to share this message with at least 10 of your friends and family and ask them to support your child's goal.

Thank you from your friends at the American Heart Association

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**MAKING A POSITIVE IMPACT**

Nearly 1 out of every 3 children in America today are living at an unhealthy weight. When you raise funds, you help provide early childcare centers with the resources they need for better nutrition and increased physical activity levels for their kids.

While schools may be closed and times are uncertain, your fundraising is more important than ever before. Please, keep going!

**Thank you for all you are doing to make an impact!**

**KEEP FUNDRAISING**

## KICK CABIN FEVER FEATURES

### Featured Video



[Meet Finn and Hear His Story](#)

### Today's Activities



[Heart Hero Moves](#)  
[Heart Facts](#)

**Tasty Recipes**

**Tips of the Day**



[Ranch Chive Popcorn](#)



[Watch "Just a Little Heart Attack"](#)

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**SHARE! SHARE! SHARE!**

Now that you know all about your heart, make sure to share your new knowledge with your friends and family. It will be the perfect time to remind them that you are fundraising to save lives!





# SPRING BREAK CHALLENGE DAY 3





## TODAY'S CHALLENGES

### PHYSICAL CHALLENGE

After you eat lunch, go for a walk around the block and clear your mind.

### KINDNESS CHALLENGE

Snap a picture of your dinner and send to a friend – sharing ideas is the greatest kindness!

Hello, Heart Hero!

Welcome to Day 3 of the Virtual Kids Heart Challenge!

Want to know the best way to feel accomplished today? If you haven't already, join the nearly 70,000 families who have completed Finn's Missions! You'll learn important skills in the mission like

hands-only CPR and the warning signs for stroke.

Finn has so much to offer to help your student understand the importance of being heart healthy – [log in to your headquarters](#) to get started!

Watch this video to [learn all about Finn](#) and why should [complete his missions!](#)



**Did you know that you can learn Hands-Only CPR as a family**

## **in the comfort of your own home?**

While you are cooped up at home, help your family learn this lifesaving skill. Our friends at the American Heart Association envision a world where no one dies from cardiac arrest. By learning the two simple steps of Hands-Only CPR, you are preparing your family to help save a life – potentially a life of someone they love!



[Watch this video](#) to learn the two steps that can help save a life.

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### **MAKING A POSITIVE IMPACT**

Even during these uncertain times, kids with special hearts are born congenital heart disease every day, including today, and need us to continue raising funds to discover new treatments.

Since 1999, congenital heart disease mortality rates have dropped by 52.3%,

thanks to generous donors and Heart Hero fundraisers just like you.

**Thank you for continuing to raise funds to save lives!**

**KEEP FUNDRAISING**

## KICK CABIN FEVER FEATURES

### Featured Video



[Take Finn's Challenge!](#)

### Today's Activities



[Take Finn's Challenge to Learn Hands-Only CPR](#)

### Tasty Recipes



### Tips of the Day



[Chunky Marinara with Pasta](#)

[Watch Hands-Only CPR Training](#)

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**SHARE! SHARE! SHARE!**

**What was your favorite of Finn's Challenges?**

Make a video and share what your favorite challenge was and why. Then share it with *everyone* on social media! Be sure to use the hashtags #kidsheartchallenge and #finnschallenge.



# SPRING BREAK CHALLENGE DAY 4





## TODAY'S CHALLENGES

### PHYSICAL CHALLENGE

Watch your water intake!

**Hydrate throughout the day and before and after physical activity.**

### KINDNESS CHALLENGE

Schedule relaxation or meditation on your work calendar today.

Be kind to yourself and take a break!

Hello, Heart Hero!

Jump, jump, jump into day 4 of the Virtual Kids Heart Challenge event!

Today is the day to post a video of your family learning fun new jump roping skills. Check out our [video for ideas on jumping with single and double ropes.](#)

Send your jump video to 10 friends and family to help spread the word about the importance of heart-healthy activity especially while so many are at home and out of normal routines.

Bring the energy and get ready to JUMP into action! And don't forget to use the hashtags #kidsheartchallenge and #movemore.

Thank you for taking the challenge and keep up the great work!

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### MAKING A POSITIVE IMPACT

Did you know that according to the CDC, people with heart disease are more at risk of getting very sick from COVID-19? It's just another reminder about how important it is to defeat heart disease.

One of the ways the American Heart Association is helping save lives is by training approximately 22 million people in CPR worldwide each year. It's work that's only made possible because of generous donors and fundraisers, just like you.

**Thank you for asking your friends and family to support your fundraiser and help you reach your goal.**

**KEEP FUNDRAISING**

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### KICK CABIN FEVER FEATURES

### Featured Video



[Welcome to the Kids Heart Challenge](#)

### Today's Activities



[Jumping Rope Skills](#)

### Tasty Recipes



[Vegetarian 3-Bean Chili](#)  
[Sweet and Spicy Veggie Dip](#)

### Tips of the Day



[When is the best time of day to exercise?](#)

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**SHARE! SHARE! SHARE!**

**Did you record a video of your jump, jump, jump roping?**

Take a moment to share your video on social media! Be sure to use the hashtag #kidsheartchallenge when you do.





# SPRING BREAK CHALLENGE DAY 5





## TODAY'S CHALLENGES

### PHYSICAL CHALLENGE

March up and down the stairs once an hour or walk to a farther restroom at home to stay moving!

### KINDNESS CHALLENGE

Call someone you love and wish them well today – be empathetic of what is on their mind.

Hello, Heart Hero!

How can you help connect the dots between being active and healthy behavior for with your family and friends?

On day five, we encourage you to think about ways to inspire your loved ones to include healthy activities in their daily routine. This could be a family step

challenge, setting a timer that would prompt when it is time stand, stretch, or walk, climb a set of stairs, garden, or creating an in-home circuit exercise routine.

By setting a daily goal and working towards it, you are participating in a nationwide health movement that is bigger than you are! If everyone put a focus on their daily health goals than imagine how healthy our community would be. It is cool to be leading healthy lifestyle changes as a kid. We think it is pretty amazing and are proud of you!

It is important for both parents and kids to know that health is something you work at every day.

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## MAKING A POSITIVE IMPACT

Did you know that the American Heart Association depends on more than 40 million volunteers and supporters to advance the mission to be a relentless force for a world of longer, healthier lives?

Don't let school closures and cabin fever keep you from reaching your goal and helping kids with special hearts. We need you now more than ever before to keep hearts healthy. So please, keep fundraising!

**Thank you for your hard work!**

**KEEP FUNDRAISING**

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## KICK CABIN FEVER FEATURES

### Featured Video



[A World Free of Cardiac Arrest](#)

### Today's Activities



[Family Tree Activity](#)

### Tasty Recipes



[Slow Cooker Barbeque Chicken](#)  
[Frozen Yogurt Pops](#)

### Tips of the Day



[Take Action to Control Stress](#)

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**SHARE! SHARE! SHARE!**

**Did your family do any activities today that you enjoyed?**

If so, share what you did with your friends and family. It's sure to inspire them to also be active and live a healthy lifestyle!

Be sure to use the hashtag #kidsheartchallenge when you do.





# SPRING BREAK CHALLENGE DAY 6





## TODAY'S CHALLENGES

### PHYSICAL CHALLENGE

Did you know that walking briskly can help your health as much as running?

**Get outside for a power walk!**

### KINDNESS CHALLENGE

Show some kindness to your family!

**Offer to help someone at home with one of their daily tasks today.**

Hello, Heart Hero!

You're over halfway there! Day 6 of the Kids Heart Challenge Virtual is all about kids learning, information for your family and your community.

Thank you for learning the steps of [Hands-Only CPR!](#)

Today we will focus on [recognizing the warning signs of a stroke.](#)

Knowing the warning signs of a stroke is not only important it is easy to remember – [FAST!](#)

F: **FACE DROOPING:** Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven or lopsided?

A: **ARM WEAKNESS:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S: **SPEECH:** Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence.

T: **TIME TO CALL 9-11:** If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

FAST is important knowledge to share with your friends and family – please spread the message today and remind 10 of your friends or family members that your child's Kids Heart Challenge goal could use some support!

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**MAKING A POSITIVE IMPACT**

Did you know that the American Heart Association has funded 14 Nobel Prize winners? That wouldn't be possible without the support of generous donors and the hard work of fundraisers, just like you.

Uncertain times call for hearts to be courageous! And we still need your courageous heart to help save lives! Please, keep working hard to reach your fundraising goal. You are making a positive impact!

**Thank you for raising funds to support lifesaving research.**

**KEEP FUNDRAISING**

## KICK CABIN FEVER FEATURES

### Featured Video



[F.A.S.T. Song – Stroke Signs](#)

### Today's Activities



[Wacky Word Games](#)

### Tasty Recipes

### Tips of the Day



[Peanut Butter Banana Protein Bars](#)  
[Tuscan Bean Soup](#)



[Better Your Sleep Routine](#)

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**SHARE! SHARE! SHARE!**

**Have you shared F.A.S.T. with your friends and family yet?**

It's important that everyone knows the warning signs of a stroke. Share F.A.S.T. now on social media and be sure to use the hashtag #kidsheartchallenge when you do.





# SPRING BREAK CHALLENGE DAY 7





## TODAY'S CHALLENGES

### PHYSICAL CHALLENGE

Need an energizing break?

**Stand up and do some basic strength and balance exercises!**

### KINDNESS CHALLENGE

Set up a group video chat with your family and give them ideas on what you're doing at home.

Hi everyone – I hope you and your family are enjoying the virtual challenge and we want to say **THANK YOU WITH ALL OF OUR HEART!**

To celebrate your inspiring participation, we encourage you to cook yourselves a fantastically festive dinner!

In the spirit of the family-focused virtual challenge, consider making this a family affair and trying out a [new heart-healthy recipe](#).

And in the spirit of sharing (especially photos of food!), consider posting a picture of your cuisine for your Kids Heart Challenge community to see and celebrate.

Quick reminder to include the hashtags #kidsheartchallenge and #hearthealthy!

It is never too late to learn a new recipe or a new skill in the kitchen! We can't wait to see your delicious creations!

**Looking for more fun?** [Check out the fruit and veggie toolkit for kids!](#)

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## MAKING A POSITIVE IMPACT

Did you know that since 1949 the American Heart Association has funded more than **\$4.5 billion** in research? Wow!

Thank you for joining the donors and fundraisers who have raised support for lifesaving research for more than seven decades!

In a world of uncertainty, the mission to defeat heart disease and stroke continues, and we still need your help. Thank you for fundraising to continue the advance of lifesaving research.

KEEP FUNDRAISING

KICK CABIN FEVER FEATURES

Featured Video



[Alexa's Story](#)

Today's Activities



[Get Cooking!](#)

Tasty Recipes



[Avocado Pesto Dip](#)  
[Raspberry Lemonade Slushy](#)

Tips of the Day



[How to Sneak in More Vegetables](#)  
[Fresh, Frozen and Canned Can All Be Healthy](#)

SHARE! SHARE! SHARE!

### **Show us your food pictures!**

Don't keep those delicious photos all to yourself! Share what you made together as a family on social media and be sure to use the hashtags #kidsheartchallenge and #hearthealthy when you do.





# SPRING BREAK CHALLENGE DAY 8





## TODAY'S CHALLENGES

### PHYSICAL CHALLENGE

Schedule physical activity time on your work calendar today – and treat it like an important appointment.

### KINDNESS CHALLENGE

Forget #FOMO Choose #JOMO (joy of missing out). Now is the time for quality family time – enjoy it!

Hi, Heart Hero!

Today's Kids Heart Challenge Virtual activity is Game Day. Think of fun ways to bring games indoors such as HIDE AND GO SEEK or a lively game of musical chairs.

When was the last time your family played hide and go seek? Here

is the catch! You only have 10 seconds to run to your hiding spot. The goal is to keep your heart pumping during the game.

After your fun family game time, take a few minutes to spread the word on social media about how great it felt to #movemore! Remind your friends that #kidsheartchallenge is still well underway and give them the information to support your child's goal.

Thank you from your friends at the American Heart Association

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### MAKING A POSITIVE IMPACT

A big part of what the American Heart Association does directly affects kids in schools. And while schools might be closed right now, the work to ensure every child has a healthy meal continues.

In fact, did you know that more than 30 million kids eat school lunch and more than 14 million eat school breakfast as a result of the collaboration efforts of the American Heart Association and the USDA and other organizations?

**Thank you for continuing to fundraise, helping ensure kids everywhere can have healthy school meals.**

**KEEP FUNDRAISING**

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### KICK CABIN FEVER FEATURES

### Featured Video



[Meet Our Heart Hero Characters](#)

### Today's Activities



[Heart Hero Puppets](#)

### Tasty Recipes



[Raspberry Chocolate Mini Macaroons](#)  
[Turkey Sliders](#)

### Tips of the Day



[Fight Stress with Healthy Habits](#)

**SHARE! SHARE! SHARE!**

**Share how it felt to #movemore as a family!**

We hope you had a great time playing hide-and-go-seek. Way to go! Share how it made you feel to have fun as a family while moving more and be sure to use the hashtags #kidsheartchallenge and #movemore when you do.





# SPRING BREAK CHALLENGE DAY 9





## TODAY'S CHALLENGES

### PHYSICAL CHALLENGE

Choose a room in your home and do lunges from one side to the other.

### KINDNESS CHALLENGE

Think of someone who makes your day and send them a thank you text with your favorite emoji.

Hi there, Heart Hero!

Wow, you are so close to completing the virtual challenge!

While you haven't been able to shoot hoops with friends, we want to congratulate you on the *slam dunks* you have made this week!

Your family should feel proud of your efforts to keep moving, learn hands-only CPR and the warning signs of a stroke, all while spending quality time together!

And speaking of quality time, sit in a circle as a family, pass a ball or favorite toy around and share what you are grateful for and what you have learned during the challenge!

If you'd like to share special memories with your Kids Heart Challenge community, use the hashtags #kidsheartchallenge and #grateful.

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## MAKING A POSITIVE IMPACT

The American Heart Association has funded some truly amazing lifesaving advancements such as the artificial heart valve, cholesterol-inhibiting drugs, heart transplant capabilities and CPR techniques and guidelines used throughout the world.

While many places are closed right now, what continues is our work to find new treatments and lifesaving advancements.

**Thank you for ensuring future lifesaving advancements by raising funds and supporting the American Heart Association.**

**KEEP FUNDRAISING**

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## KICK CABIN FEVER FEATURES

## Featured Video



[Meet our Heart Hero Survivor](#)

## Today's Activities



[Tips to Keep Your Whole Family Active](#)

## Tasty Recipes



[Sweet and Sour Chicken](#)  
[Southern Cornbread](#)

## Tips of the Day



[Meditation](#)

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**SHARE! SHARE! SHARE!**

### **What are you grateful for?**

During your activity passing around an object, what did you share that you are most grateful for? Share your gratitude on social media today and be sure to use the hashtags #kidsheartchallenge and #grateful when you do.





# SPRING BREAK CHALLENGE DAY 10





## TODAY'S CHALLENGES

### PHYSICAL CHALLENGE

Ready for a race? Strap on your running shoes and challenge a friend or family member to a foot race!

### KINDNESS CHALLENGE

Today, take out a piece of paper and pencil, or pen, and write a letter to a family member. Tell them what you appreciate about them.

Hello, Heart Hero!

On our final day of the Kids Heart Challenge Virtual, we want to thank you again for participating and kicking cabin fever to the curb.

We kicked off the challenge by dancing and we'll wrap it up by

movin' a little more! To help get started, check out these [25 ways to keep moving at home!](#)

Capture photos and/or videos of your family making heart-pumping moves and share on social media using the hashtags #kidsheartchallenge and #movemore!

Remember: there is still time for you to ask your family and friends to help you reach your goal to support kids like [Laney](#) with special hearts!

We can't wait to see the creative ways you are staying heart healthy as a family!

Great job taking the Virtual Kids Heart Challenge with your family and thank you for raising funds to help save lives.

With Heart,  
Your Friends at the American Heart Association

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## MAKING A POSITIVE IMPACT

You are amazing! Thank you for Kicking Cabin Fever to the Curb by joining us in healthy activities, acts of kindness, learning more about healthy living as well as setting a goal and fundraising.

By doing so, you're joining the ranks of volunteers across the country who know that vital work continues, regardless of uncertain times.

And we depend on you to make it happen. In fact, the American Heart Association is the largest voluntary organization dedicated to fighting heart disease and stroke.

If you haven't yet met your fundraising goal, there's still time. Keep going! We need you now more than ever.

**Thank you for joining us in the fight and fundraising to make a difference for others.**

**KEEP FUNDRAISING**

## KICK CABIN FEVER FEATURES

### Featured Video



[Meet Emma, One of Our Heart Hero Survivors](#)

### Today's Activities



[Set Your Fitness Goals](#)

### Tasty Recipes

### Tips of the Day



[Greek Seven Layer Dip](#)  
[Texas Caviar](#)



[Celebrate Fitness Success](#)

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## SHARE! SHARE! SHARE!

### Share your photos and videos from the Kids Heart Challenge!

It's the final day of the Kids Heart Challenge Virtual, and we hope that you have taken lots of photos and videos of your daily activities.

Share your photos and videos on social media today, and be sure to use the hashtags #kidsheartchallenge and #movemore when you do.

And don't forget to remind your friends and family that you are raising lifesaving funds through the Kids Heart Challenge and ask them one more time to make a donation to your fundraiser.

