

* KIDS HEART CHALLENGE TIMELINE:

Week 1:

- Prepare and make copies of your Kids Heart Challenge – Family Information Letter. Staple together Family Information Letter and Donation Envelope Packets.
- Place Kids Heart Challenge posters & Survivor Stories throughout the school.
- AHA will send Save-the-Date email to last year's online participants.

SURVIVOR STORIES LINK - [2023 Survivor Stories](#)

(*Additional Survivor Stories are located in your HQ. In your HQ Home page, Click on the Teacher Resources tab. Click on Your Kids Heart Challenge Event, Click on Classroom Display & Posters, Click on Heart Hero Survivor Posters.)

Week 2:

- Distribute Family Information Letter/Donation Envelope Packets to students.
- Begin sharing weekly Principal all-school communication engagement messages with families. Feel free to share via an email blast, school newsletter and/or social media channels utilized by your school.
- Show students the Kids Heart Challenge motivational kickoff video. You may also have students view other educational videos found in your KHC Headquarters.

KHC – KICKOFF VIDEO LINK (23 min) - <https://vimeo.com/781558932/338cdd80be>

(*Please pre-view this video. Depending on the amount of time you have with your students...convenient breaks in the video are in place to stop if necessary.)

- Begin distribution of Instant Heart Heroes – Directions found on Page 2 of this document.

Week 3:

- Announce/Display the number of students who have taken the Challenge to Move More and the Challenge to Be Kind. (In your HQ Home page scroll down to Daily Challenges to find this info.)
- Announce/Display the number of students who have Completed Finn's Mission. (In your HQ Home page scroll down to Daily Challenges to find this info.)
- Announce/Display the number of families who have learned Hands-Only CPR. (In your HQ Home page scroll down to Edit My Pages, Click View & Edit School Page, Scroll to School Achievement.)
- Introduce Heart Heroes and their Heart Health messages in PE/Health Classes. Have students warm-up for PE Class with our Heart Hero Workout videos!
- Continue these updates throughout your Kids Heart Challenge program.

HEART HERO BAXTER WORKOUT VIDEO LINK - https://d42r08io5j7nw.cloudfront.net/ym_baxter_challenge.mp4

(*Additional Heart Hero Workout videos are located in your HQ. In your HQ Home page, Click on the Teacher Resources tab. Click on Your Kids Heart Challenge Event and Scroll down to Videos – Kids Workout Challenge with Heart Heroes.)

- Read Heart Healthy messages during morning announcements.
- Have students personalize "I'm A Heart Hero" Hearts

MORNING ANNOUNCEMENTS LINK - [2023 KHC School Announcements](#)

I'M A HEART HERO TEMPLATE LINK - [KHC - I'm A Heart Hero Template](#)

Week 4:

- **Kids Heart Challenge Celebration! Thank students for their efforts!**
- Contact Donna to help place your Kids Heart Challenge thank-you gift order and to account for envelope donation you may receive.

Feel free to begin teaching jump rope, basketball and/or fitness skills at any point in the timeline!

When To Distribute Instant Heart Hero Keychains: (Suggestion - Provide students with their Instant Heart Heroes as soon as they reach the following milestones...students enjoy learning about their heart healthy messages!)

*Wristband: Student Registers Online (No Donation Required)

*Hearty (Be Kind): Student Raises \$5.00

*Breeze (No Vaping/Tobacco): Student Raises \$10.00

*Hydro (Choose Water): Student Raises \$25.00

*Dream (Sleep More): Student Raises \$40.00

*Marley (Move More): Student Raises \$100.00

*Baxter (Be Thoughtful): Students Raises \$200.00

*Finn's Lifesaver Award (Be Heart Healthy): Student Completes Finn's Mission

*Mystery Gift: Students Receive Mystery Gifts for each increment of \$50.00 raised. (\$50 = 1 Mystery Gift, \$100 = 2 Mystery Gifts, etc.)

(*All the Instant Heart Heroes, Wristbands and Mystery Gifts are cumulative.)

Jump Ropes, T-shirts, Playground Balls, Socks, Fidget Poppers and Fitness Watch will be ordered when you complete your program. All gifts are cumulative. Donna will assist you with your order.

PLEASE NOTE: The AHA will begin sending email messages to KHC Coordinators once students start to register online and collect donations. The email messages will contain a list of students who are waiting for their instant Heart Heroes. ***I recommend checking your KHC Headquarters each day to determine the status of instant Heart Heroes to distribute.** I am happy to review this with you and assist however I can.

Reminder...How to Find Student Participants in My KHC Headquarters

Go to: www.heart.org/khc

Login (Please contact Donna if you need login info.)

Once in your KHC HQ Home page – Click on the “MANAGE EVENT” tab at the top

Scroll down to the blue “MANAGE GIFTS” button – Click on this

You will now see registration records for each student participating online and a listing of the Instant Heart Heroes to distribute to them.