



10-day Program Helping Students Remain Active While Learning from Home

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



Daily physical activity challenge!
Plus, daily mindful moment!



Activities for your physical, social and emotional wellbeing



Recipes to enjoy



Learning about keeping your heart healthy & helping others
www.heart.org/kidsheartchallenge