



Homework with Heart

Hey, parents and kids, are you ready to join the Heart Heroes and do your part for happy hearts? **Sign up for the Kids Heart Challenge. You'll earn a fun glow-in-the-dark wristband just for registering** and get access to games and surprises!

To get started, follow these steps with your parent or guardian:

Sign up.

- ♥ Start at heart.org/kidsheartchallenge or search Kids Heart Challenge in your app store and download the app. Find your school using the drop-down menu and join your school's team.
- ♥ Create your login and fill out your profile. Write down your username and password in case you forget them.
- ♥ Set your fundraising goal. Parents, jump-start the effort with a donation.
- ♥ Review the waiver and click "I Agree" to accept it.

Next click "Continue" to go to your Headquarters page.

Explore your Heart Hero Headquarters.

- ♥ Send emails and ecards. Choose and personalize a message, share information about your daily heart challenge, and encourage others to keep their hearts healthy and happy. (Hint: You can reach out to family and friends via social media, too.)
- ♥ Personalize your fundraising page. With your parent's permission, add your photo and information about your heart-health journey and goals.
- ♥ Check your fundraising progress and see how close your school is to reaching the goal.
- ♥ See the badges you've earned and learn about the Heart Heroes.
- ♥ Check your progress on your daily challenge.
- ♥ Head over to Heartsville, where you can play games, see videos about the Heart Heroes, customize your avatar, earn contest hearts, and unlock surprises.
- ♥ Keep the fun going. Go to your app store and download the Kids Heart Challenge app. You can scan your Heart Heroes and bring them to life, create fun filters, and scan any checks you receive for instant credit.

Parents: The Kids Heart Challenge is all about building happy, healthy hearts. Get your whole family involved by focusing on healthy habits, doing good deeds, and taking care of one another. That's how we'll keep hearts happy!



What is **Echo's** favorite fairy tale?

Sleeping "Be-You"-ty

The Kids Heart Challenge is good kids and for schools, too

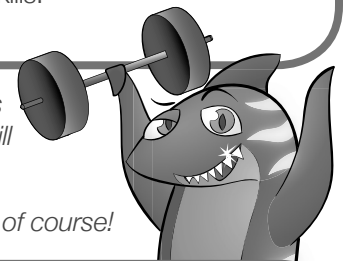
When students raise money for heart health, the American Heart Association gives back with a **contribution to your school**. Plus this year schools also are eligible for **\$400,000 in grants!**

The Kids Heart Challenge **supports PE programs**. Schools receive reward certificates and special discounts for games and sports equipment.

Schools get **free activities**. The new social-emotional learning curriculum teaches teamwork, communication, fairness, assertiveness, and more. Plus the OPEN curriculum from US Games provides activities for teaching sports skills.

How many good deeds does **Finn** hope kids will do every day?

An in-FINN-ite number, of course!



Make your heart happy and help people with sick hearts. Get started with the Kids Heart Challenge today!

Mark Your Calendar Event date: _____ Envelope due date: _____