

From the American Heart Association:



### **Resources:**

[25 ways to keep moving at home](#)

AHA Partner OPEN (Online Physical Education Network) [Active Home Module](#)  
[Get cooking!](#) Create family activity emails, cooking lessons, recipe ideas and more!

[Healthy Living Resources](#) for Teachers, Staff and Parents

### **Elementary:**

- Kids Heart Challenge has a fun interactive [Heart Healthy Bingo](#) that families can plan at home
- Learn about the [anatomy of the heart](#)
- [Brain Booster Activities](#)
- [Social and Emotional learning assignments](#)
- Kids Heart Challenge [games and word puzzles](#)
- Learn fun new [jump roping skills](#) with single and double ropes