



# American Heart Association

## Virtual 10-day Challenge for Students

This program has lesson plans, resources and activities for families including home activities, recipes and tips to prioritize mental health and physical activity. The AHA wants to help parents keep their kids occupied, entertained, and healthy during closures.

### Home Activities

1. [Get the Whole Family Moving at Home](#)
2. [Dance it out](#)
3. [Heart Hero Moves](#)
4. [Jumping Rope Skills](#)
5. [Homework with Heart](#)
6. [Wacky Word Games](#)
7. [Get Cooking!](#)
8. [NFL PLAY 60](#)
9. [Heart Hero Coloring Sheets](#)
10. [Get Moving with the PLAY 60 app](#)

### Recipes

1. [Berry Nuts Granola Bars](#)
2. [Homestyle Chicken Noodle Soup](#)
3. [Ranch Chive Popcorn](#)
4. [Tropical Fruit Smoothie](#)
5. [Chunky Marinara with Pasta](#)
6. [Sweet and Spicy Veggie Dip](#)
7. [Frozen Yogurt Pops](#)
8. [Raspberry Lemonade Slushy](#)
9. [Southern Cornbread](#)
10. [Sweet and Sour Chicken](#)

### Tips for Parents

1. [Physical Activity Recommendations for Kids](#)
2. [Limit Screen Time](#)
3. [Take Action to Control Stress](#)
4. [When is the best time of day to exercise?](#)
5. [Fruit and Veggie Toolkit for Kids](#)
6. [How to Sneak in More Vegetables](#)
7. [Fresh, Frozen and Canned Can All be Healthy](#)
8. [Fight Stress with Healthy Habits](#)
9. [Tips to Keep Your Whole Family Active](#)
10. [Meditation](#)