

ALIGNMENT WITH LEADER IN ME



Kids Heart Challenge and American Heart Challenge empower students, educators, and families to build a healthier future—together. Aligned with the **Leader in Me**® framework, these programs help develop the whole child through service, leadership, and wellness education.



1. **Be Proactive:** Students lead the way! With support from the American Heart Association, students take ownership—planning, organizing, and promoting heart-healthy activities at school and at home.
2. **Begin with the End in Mind:** Students set personal, classroom, and school-wide goals. They learn to:
 - Make a plan
 - Work as a team
 - Stay focused on their “why”
 Along the way, they learn lifesaving skills like Hands-Only CPR and the warning signs of a stroke.
3. **Put First Things First:** Through lessons on nutrition and activity, students discover how to:
 - Prioritize healthy choices
 - Avoid sugary drinks and ultra-processed foods
 - Build healthy habits that support success
4. **Think Win-Win:** Everyone benefits:
 - Teachers receive free, engaging lesson plans
 - Students build skills in teamwork, fairness, and communication
 - Families connect through shared learning and healthy activities



5. **Seek First to Understand, Then to Be Understood:** Listening to real stories from heart survivors builds empathy and purpose. Students gain a deeper understanding of why their actions matter—and how they can help others.
6. **Synergize:** Students become health ambassadors. They share what they’ve learned—like CPR, healthy habits, and how fundraising supports local health programs—with their families and communities.
7. **Sharpen the Saw:** Wellness matters. Students, teachers, and families learn the importance of:
 - Proper nutrition
 - Regular physical activity
 - Adequate sleep
 - Stress reduction and mindfulness
 These are part of the American Heart Association’s Life’s Essential 8™—the key to lifelong heart health.



Real Impact from Real Schools

“The Kids Heart Challenge helps students exemplify proactive leadership by taking charge of planning, organizing, and promoting our event. They show initiative, responsibility, and teamwork—while promoting health and making a difference!”

— Lisa Lines, Principal, Olympic View Elementary

