American Heart Association.
KIDS HEART CHALLENGE | AMERICAN HEART CHALLENGE

HEART and HEADlines
AHA Youth Market – FEBRUARY 2022

AMERICAN HEART MONTH 2022!

It's February- American Heart Month – a time when the nation spotlights heart disease, the No.1 killer of Americans. During American Heart Month, the American Heart Association reinforces the importance of heart health, the need for more research and efforts to ensure that millions of people live longer and healthier.

This month's focus will be on resources to keep your students, families and school employees healthy and happy. Also, we will highlight Black History Month activities and congenital heart defect week. Don't forget to sign up for our free educational webinars on the last page.

- **Friday, February 4th - Wear Red Day**

The AHA is rallying communities with an urgent message to create healthy habits and commit to health goals. Get moving and grooving to raise awareness and take actions that work best for your life, to give you the best chance at life.

On Friday, February 4th, join us as we wear red and help raise awareness of women's No. 1 killer – cardiovascular disease – because losing even one person to cardiovascular disease is too many.

Download your free Heart Month Activation Guide and resources at WearRedDay.org.

Know the warning signs of heart attacks and strokes

Some ideas on how to GO RED at school:

- Wear Red! – Encourage your students and staff to put on their favorite red outfits on National Wear Red Day. It's a fun, easy way for everyone to get involved. Bonus points for having a contest for the best red look.
- Turn the school red – Download posters and other resources from WearRedDay.org.
- Encourage your students, staff and their families to share photos of friends, family members and pets as they Go Red. It's a fun way to bring everyone together for a good cause. Don't forget to post on social and use #WearRedDay #WearRedandGive and #HeartMonth. And tag @GoRedforWomen – we'd love to see how you Go Red!
- Get up and move throughout the day - This could be a simple stretch break or a quick 30-second activity. Moving more will help reduce stress and be heart healthy.

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American Heart Month Video Resources

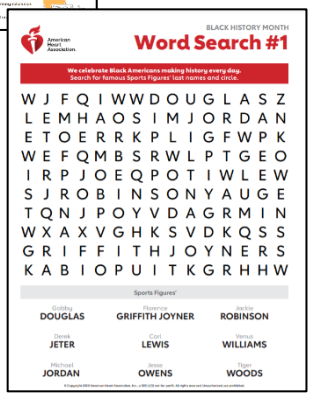
- ♥ Get down with your blood pressure (1 min)
- ♥ Black Violin's tips for finding balance and making time for self-care (3 min)
- ♥ What to do if you feel tightness in your chest (3 min)
- ♥ How to start eating healthier (2 min)
- ♥ Fierce 5 Movement Break: Quick Blast Circuit (6 min)

American Heart Month Resources for Kids

- ♥ The Super Bowl is coming up! Watch and follow our quick NFL Energizer videos as part of our partnership with NFL Play 60 – find your favorite team!
  - Cincinnati Bengals Squat Bender and Windmills
  - Los Angeles Rams Full-Body Workout
  - Get active with your family and download the NFL Play 60 app
- ♥ It's Winter and that means snow! Watch our 2 minute calming session featuring the Chugach Mountains in Alaska
- ♥ 25 Ways to Get Moving (perfect if you are indoors and want to move more!)
- ♥ Heart wordsearch and crossword puzzle (and answer key)

- ♥ Lesson Plan: Too Much of a Salty Thing? (and answer key)
- ♥ Lesson Plan: Bite Into Healthy Eating (and answer key)
- ♥ Experiential Learning Activity: Sugary Beverages
- ♥ Heart Health PE Quiz

Black History Month Resources



- ♥ We celebrate Black Americans making history every day.
- ♥ Use these activity sheets to explore famous Sports Figures who have shown true leadership skills and heart healthy habits.
- ♥ Word Search #1 (answer key)
- ♥ Word Search #2 (answer key)
- ♥ Word Scramble (answer key)

Congenital Heart Defect (CHD) Awareness Week (February 7-14)

- ♥ A CHD results when the heart, or blood vessels near the heart, don't develop normally before birth.
- ♥ CHD is the most common birth defect with 40,000 babies a year born with a heart defect.
- ♥ Learn more about the types of congenital heart defects

Additional January Resources

- ♥ February Newsletter and Healthy Recipe English Spanish
- ♥ Parent Newsletter: Tobacco/Smoking English Spanish
- ♥ **Tobacco Free Toolkit**
- ♥ **Life's Simple 7**

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Join Our Educator Leadership Development Series

An OPEN® Professional Development Online Series

Join the American Heart Association as we explore today's relevant topics to aid in the development of happy and healthy lives within your school community.

Chance to win a $250 US Games certificate for each webinar you attend!

OPEN®

In partnership with the American Heart Association, OPEN's Teacher Learning School — bringing FREE professional learning to in-service and pre-service teachers.

Social and Emotional Learning Physical Educator — giving Physical Education a voice on your school district's Social and Emotional Learning Task force.

Locomotor & Manipulative Skills — fundamental locomotor and manipulative skills give young children the foundation that they need for future success and enjoyment of lifetime and sport-based physical activity.

Coming Soon — Jumping and Basketball skill Professional Development.

Learn More

Attend all four webinars and be entered into a drawing to win a district-wide virtual OPEN professional development session *(valued at $925)*.

Wednesday **Feb. 2**	**Women, Well-being and the Workplace**
Wednesday **March 2**	**Spring into Better Sleep**
Wednesday **April 6**	**Mind Over Matter: Brain Training for Better Test-Taking**
Wednesday **May 4**	**Stroke and High Blood Pressure**

All 45-minute webinars start at 12:30 PM PT/ 2:30 PM CT/ 3:30 PM ET

Click to Register

If you are unable to attend, recording of calls will be available HERE.

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Black History Month

WORD SEARCH: Find and learn and the hidden terms associated with Black History Month below. Words can go in any direction. Words can share letters as they cross over each other. Tip = use the highlighter tool to select your words.

Y D V Q E N T E R T A I N E R
U T I I S M A A U K X V U A E
B U P S C E V A T N L O N T Q
R S P D C E G F C T C T I H U
O K F P I R P R E P O E T L A
T E J R I F I R E B P R Y E L
H G A E E N F M E G R E N T I
E E S S A E V E I S A U A E T
R E T I R U D E R N I T A C Y
H A R D M K T O N E A D I R E
O I O E T D J H M T N T E O Y
O R N N P A S T O R O C I N N
D M A T S L A V E R Y R E O T
B E U J U V S P E E C H R S N
O N T T P O L I T I C I A N A

WORD BANK

astronaut
athlete
attorney
author
brotherhood
differences
discrimination
entertainer
equality
February
freedom
inventor
NAACP
pastor
peace
politician
president
segregation
slavery
speech
Tuskegee Airmen
unity
vice president
vote

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Famous Firsts by African Americans

INSTRUCTIONS: Read and learn about famous firsts by African Americans then select the corresponding answer to the questions below.

1. ___ First African American Supreme Court Justice
   - A. Ralph Bunche
   - B. Jackie Robinson
   - C. Thurgood Marshall

2. ___ First African American Millionaire
   - A. Madame C.J. Walker
   - B. Michelle Obama
   - C. Oprah Winfrey

3. ___ First African American Vice President
   - A. Kamala Harris
   - B. Harriet Tubman
   - C. Bessie Coleman

4. ___ First African American Secretary of State
   - A. Ebenezer D. Bassett
   - B. Andrew Young
   - C. General Colin Powell

5. ___ First African American US President
   - A. Jesse Jackson
   - B. Barack Obama
   - C. Daniel Payne

6. ___ Heart Surgery Pioneer
   - A. Charles Drew
   - B. Daniel Hale Williams
   - C. Thomas L. Jennings

7. ___ First African American Astronaut
   - A. Robert H. Lawrence
   - B. Jack Johnson
   - C. Tiger Woods

8. ___ First African American Major League Baseball Player
   - A. Althea Gibson
   - B. Jack Johnson
   - C. Jackie Robinson

9. ___ First African American Licensed Pilot
   - A. Bessie Coleman
   - B. Dorothy Dandridge
   - C. Phillis Wheatley

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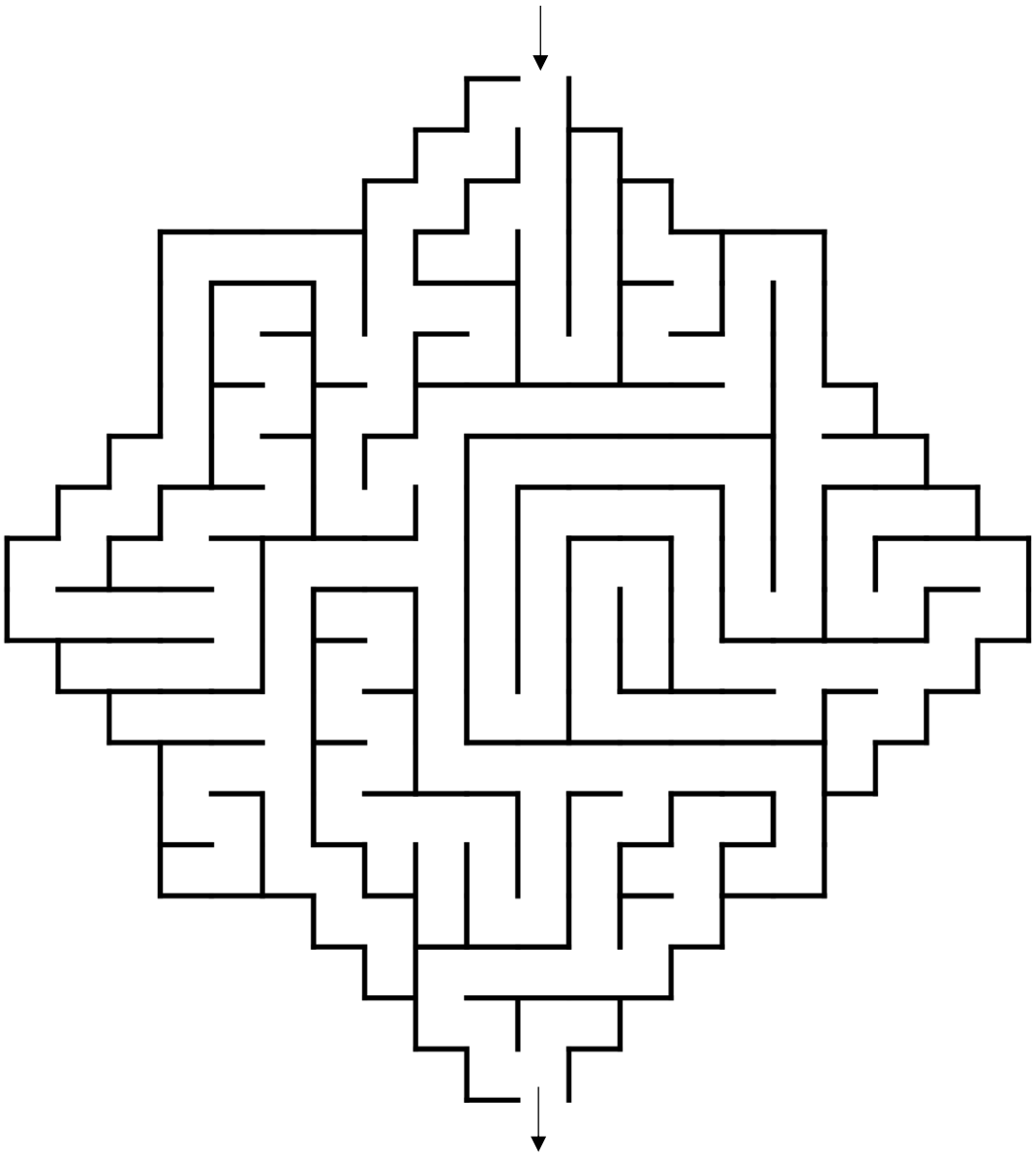
Star Maze

INSTRUCTIONS: During the 1900's, slaves traveled at night under the stars to escape to freedom. African Americans would travel into free states and Canada to gain their freedom. They traveled through secret routes and safe houses. This network was known as the Underground Railroad. Begin at the arrow below and find your way through the star maze.



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Who Am I?

INSTRUCTIONS: Learn about prominent and historic African Americans and their achievements from the word bank below.

1. I am the first African American President. _____
2. I am the first African American Vice President. _____
3. I started a school in Florida that became a college. _____
4. I was a pastor and a civil rights leader. _____
5. I was the first African American to attend an all-white school. _____
6. I was president of South Africa. _____
7. I was an American activist that refused to give up my seat to another person while riding the bus. _____
8. I was a famous opera singer. _____
9. I created the traffic light. _____
10. I escaped slavery and lead others though the Underground Railroad. _____
11. I created a hair line for African American women and was the first self-made millionaire. _____
12. I am the first African American woman to launch my own tv network and a former talk show host. _____
13. I was the first African American physician. _____
14. I was the first African American named US Secretary of State. I was also a four-star general. _____
15. We were African American military pilots that fought in WW II. _____

WORD BANK

Barack Obama	Kamala Harris	Nelson Mandela
Collin Powell	Madame C. J. Walker	Oprah Winfrey
Garret Morgan	Marian Anderson	Rosa Parks
Harriet Tubman	Martin Luther King Jr.	Ruby Bridges
James Durham	Mary McLeod Bethune	Tuskegee Airmen

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ANSWER KEY

Black History Month

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WORD BANK

astronaut
athlete
attorney
author
brotherhood
differences
discrimination
entertainer
equality
February
freedom
inventor
NAACP
pastor
peace
politician
president
segregation
slavery
speech
Tuskegee Airmen
unity
vice president
vote

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ANSWER KEY

Famous Firsts by African Americans

INSTRUCTIONS: Learn about famous firsts by African Americans then select the corresponding answer to the questions below.

1. **C** First African American Supreme Court Justice
   - A. Ralph Bunche
   - B. Jackie Robinson
   - C. Thurgood Marshall

2. **A** First African American Millionaire
   - A. Madame C.J. Walker
   - B. Michelle Obama
   - C. Oprah Winfrey

3. **A** First African American Vice President
   - A. Kamala Harris
   - B. Harriet Tubman
   - C. Bessie Coleman

4. **C** First African American Secretary of State
   - A. Ebenezer D. Bassett
   - B. Andrew Young
   - C. General Colin Powell

5. **B** First African American U.S. President
   - A. Jesse Jackson
   - B. Barack Obama
   - C. Daniel Payne

6. **B** Heart Surgery Pioneer
   - A. Charles Drew
   - B. Daniel Hale Williams
   - C. Thomas L. Jennings

7. **A** First African American Astronaut
   - A. Robert H. Lawrence
   - B. Jack Johnson
   - C. Tiger Woods

8. **C** First African American Major League Baseball Player
   - A. Althea Gibson
   - B. Jack Johnson
   - C. Jackie Robinson

9. **A** First African American Licensed Pilot
   - A. Bessie Coleman
   - B. Dorothy Dandridge
   - C. Phillis Wheatley

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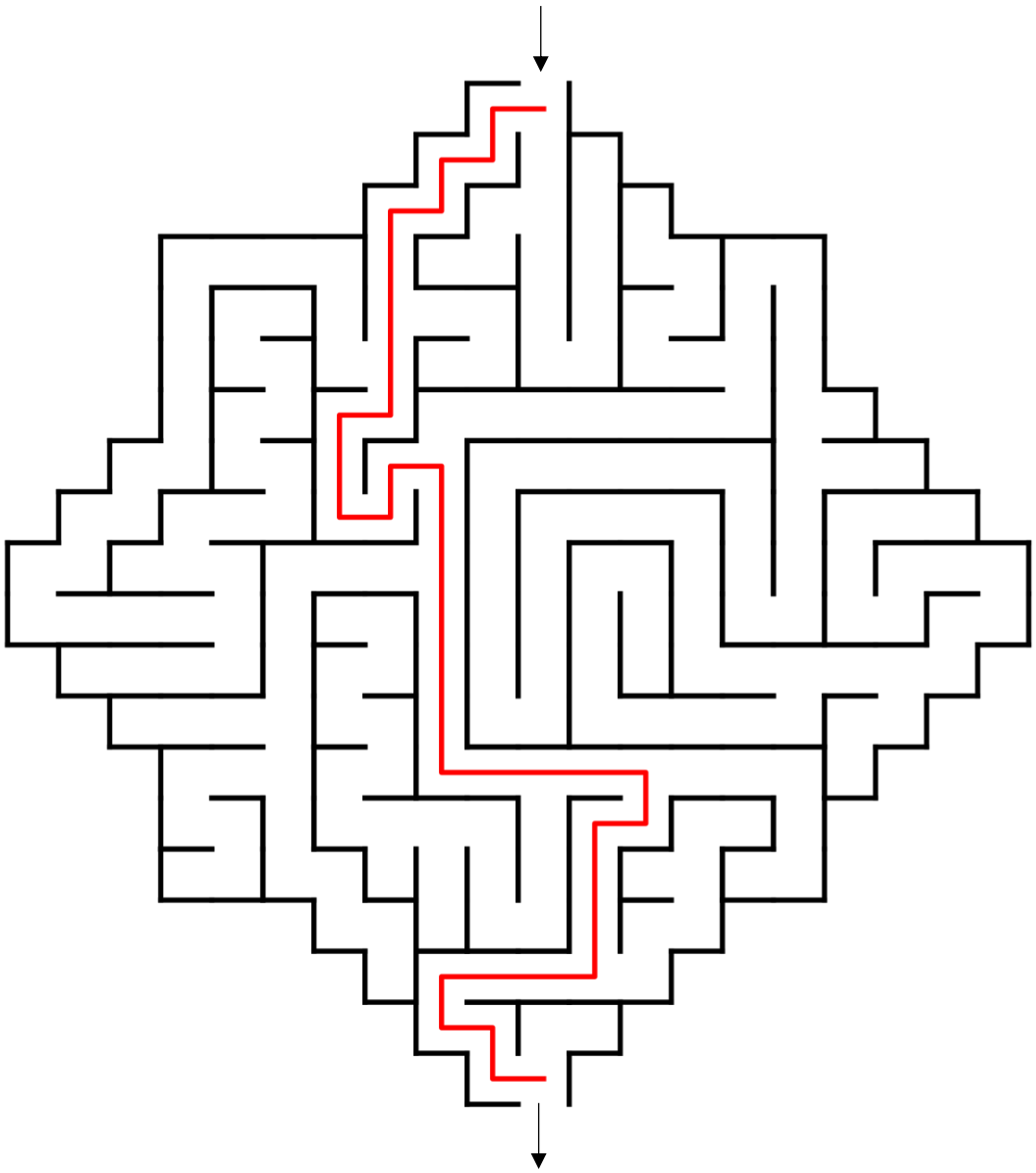
ANSWER KEY

Star Maze

INSTRUCTIONS: During the 1900's, slaves traveled at night under the stars to escape to freedom. African Americans would travel into free states and Canada to gain their freedom. They traveled through secret routes and safe houses. This network was known as the Underground Railroad. Begin at the arrow below and find your way through the star maze.



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ANSWER KEY

Who Am I?

INSTRUCTIONS: Learn about prominent and historic African Americans and their achievements from the word bank below.

1. **Barack Obama.** I graduated from Columbia University. I later enrolled and graduated from Harvard Law School. I was the 44th President of the United States and the first African American President of the United States.
2. **Kamala Harris.** I graduated from Howard University. I became an attorney and now I am the first female Vice President of the United States. I also am the first African American Vice President of the United States.
3. **Mary McLeod Bethune**. I was a civil rights activist and educator. I founded the National Council of Negro Women and Bethune-Cookman College.
4. **Martin Luther King Jr.** I was a Baptist minister and a civil rights activist known for the advancement of civil rights using nonviolent civil disobedience.
5. **Ruby Bridges.** At age six, I became the first African American child to attend an all-white public elementary school. Marshalls escorted me into school. This image was captured on Norman Rockwell's famous painting, "The Problem We All Must Live With".
6. **Nelson Mandela**. I was the first African American President of South Africa.
7. **Rosa Parks.** I was an NAACP Secretary. I was arrested for refusing to give up my seat to another person on the bus one day.
8. **Marian Anderson.** I was a famous opera singer. I was the first African American to perform at the Metropolitan Opera House in New York.
9. **Garret Morgan.** I created the three-position traffic light signal.
10. **Harriet Tubman.** I was born into slavery and made 13 missions to rescue 70 enslaved people. I used antislavery activist and safe houses. I worked for the army as a spy and a nurse.
11. **Madame C. J. Walker.** I created specialized hair care products for woman and became one of the first African American women to become a self-made millionaire.
12. **Oprah Winfrey.** I am the first African American to launch a TV network, called OWN. I am best known for my talk show which aired for 25 seasons.
13. **James Durham.** I was the first African American to formally practice medicine in the US.
14. **Collin Powell.** I was the first African American named to the US Secretary of State. I am a four-star general who served as Secretary of State from 2001 to 2005.
15. **Tuskegee Airmen.** We were the first black military aviators in the US Army Airforce, we fought in World War II.