



JOIN US FOR THE WELLNESS GAMES!

1. Sign Up — (School's Link)
2. Complete Finn's Mission
3. Follow the Daily Links for a fun family activity

MONDAY

It's Game Day!

Wear your favorite team's gear or blue!

[Dakota](#) knows we need at least 60 minutes of physical activity every day for maximum heart health!

Click [HERE](#) to **Sign Up** and get healthy with our Heart Heroes!

Play a game to get your heart pumping [here](#)!



TUESDAY

School Spirit Day

Show your school pride!

Sharing is caring! Click [HERE](#) to share the amazing things we're learning with Kids Heart Challenge!

[Wylie and Bingo](#) remind us how important it is to be kind! Remember a happy heart is a healthy heart!



WEDNESDAY

Quacky Wednesday

Mix-Match Day

It's not too late to [sign up](#) online and help your school!

[Pepper](#) says "fruits and veggies makes me feel quacktastic!" And [Rain](#) always chooses water over sugary beverages!

Click [HERE](#) to play healthy bingo!



THURSDAY

Dress Up or Dress Down

Fancy or comfy, you decide!

Don't hit snooze! Last chance to join the fun! Click [HERE](#) to sign up today!

[Riley](#) reminds us that it's hard to wake up at the quack of dawn when you don't get enough sleep. Click [HERE](#) to play our fun sleep activity!



FRIDAY

Superhero Day

Wear your Finn's Mission cape, dress like your favorite superhero or wear red.

[ACE](#) says "you can be a hero by learning Hands-Only CPR today!" If you haven't already, click [HERE](#) to complete Finn's Mission today!

Let's end the week with a fun [Heart Health Word Search](#)

