



REGISTER TODAY

VISIT KHC NOW!

Join in the challenge by visiting heart.org/KHC or download the Kids Heart Challenge app.



Download on the
App Store



Get it on
Google play

TODAY'S CHALLENGES

PHYSICAL CHALLENGE

Did you know that walking briskly can help your health as much as running?

Get outside for a power walk!

KINDNESS CHALLENGE

Show some kindness to your family!

Offer to help someone at home with one of their daily tasks today.

FINN'S MISSION

VISIT KHC NOW!

Finn has set a goal of having 100,000 complete Finn's Mission which teaches you skills such as hands-only CPR, warning signs of stroke and much more.

[View Finn's Story](#)



Hello, Heart Hero!

You're over halfway there! Day 6 of the Kids Heart Challenge Virtual is all about kids and families learning valuable information to help your community.

Thank you for learning the steps of [Hands-Only CPR!](#)

Today we will focus on recognizing the warning signs of a stroke.

Knowing the warning signs of a stroke is not only important it is easy to remember – F.A.S.T.!

F: FACE DROOPING: Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven or lopsided?

A: ARM WEAKNESS: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S: SPEECH: Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence.

T: TIME TO CALL 9-11: If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

F.A.S.T. is important knowledge to share with your friends and family – please spread the message today and remind 10 of your friends or family members that your child's Kids Heart Challenge goal could use some support!

MAKING A POSITIVE IMPACT

The American Heart Association is working on real-time solutions to address problems in communities across the country as a result of

COVID-19. We are at work to ensure people in greatest need have access to care, financial support and other resources. The health and economic crisis is taking a toll on many families, especially those with limited resources. Through our Social Impact Fund Investees, we are filling in the cracks not covered by government services while providing life-sustaining support for under-resourced communities. Some examples include increasing support for families living in public housing that are struggling to pay rent due to missed paychecks or layoffs, providing daycare and mental health services for struggling parents, and delivering healthy foods to the elderly and disadvantaged who cannot travel outside.

"No one is useless in this world who lightens the burdens of another."
– **Charles Dickens, Writer**

MAKE AN IMPACT

It's important to be safe, careful and informed during the COVID-19 pandemic – and to keep your health in mind. [Visit our website](#) for helpful information from the American Heart Association as well as other trustworthy sources.

WATCH TODAY'S MESSAGE FROM ALEXA

Each day Alexa has a video message for you. Follow the link below to watch today's message!



WATCH VIDEO

KICK CABIN FEVER FEATURES

Featured Video



[F.A.S.T. Song – Stroke Signs](#)

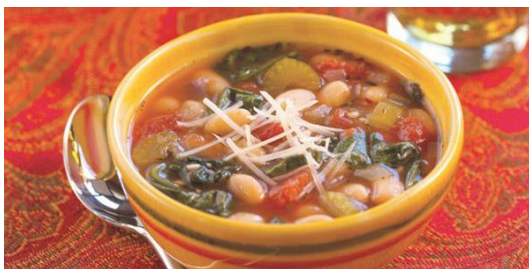
Today's Activity



[Wacky Word Games](#)

Tasty Recipes

Tip of the Day



[Peanut Butter Banana Protein Bars](#)
[Tuscan Bean Soup](#)



[Better Your Sleep Routine](#)

SHARE! SHARE! SHARE!

Have you shared F.A.S.T. with your friends and family yet?

It's important that everyone knows the warning signs of a stroke. Share F.A.S.T. now on social media, and be sure to use the hashtag #kidsheartchallenge when you do.



FOLLOW US:



EMAIL US:
DONATE@HEART.ORG

CALL US:

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OUTSIDE US: +1 (214) 570-5978

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