

## Resources:

- [25 ways to keep moving at home](#)
- AHA Partner OPEN (Online Physical Education Network) [Active Home Module](#)
- [Get cooking!](#) Create family activity emails, cooking lessons, recipe ideas and more!
- [Healthy Living Resources](#) for Teachers, Staff and Parents

## Elementary:

- [Elementary](#) lesson plans
- Kids Heart Challenge has a fun interactive [Heart Healthy Bingo](#) that families can plan at home
- Learn about the [anatomy of the heart](#)
- [Brain Booster Activities](#)
- [Social and Emotional learning assignments](#)
- Kids Heart Challenge [games and word puzzles](#)
- Learn fun new [jump roping skills](#) with single and double ropes

## Middle and High School Lesson Plans

- [Middle](#) school
- [High](#) school
- [Vaping Specific Resources](#)

## [www.heart.org/MoveMoreMonth](http://www.heart.org/MoveMoreMonth)

Here are some more simple tips for fitness activities that almost anyone can do. Choose the ones that work for your circumstances and comfort level.

- Start by using the time to [set your fitness goals](#).
- [Work out at work](#), just in your home office.
- [Get the whole family moving](#).
- [Play Healthy for Good Bingo](#).
- [Practice balance exercises in your living room](#).
- [Stretch!](#)
- [Get out and walk](#).