



Make it a December to Remember

December is the first month of winter and the last month of the year. December also has the shortest day of the year and the longest night (it's called the winter solstice). Make the most out of this December with physical activities and mindfulness acts during the shorter days and learning about STEM and gratitude before the year-end.

It was wonderful partnering with you this year and we look forward to seeing you in the new year! [Thank you from the Youth Market team!](#)

♥ December 4 – National Play Outside Day

Physical activity is so important during the winter months; here are some ideas on how to be active during wintertime:

- [Warm Up With Cool Weather Work Outs](#)
- [Experiential Learning Activities – Physical Activity](#)
- [Create a Circuit Home Workout](#)



♥ December 4 – National Sock Day

Earn special socks with both Kids Heart Challenge and American Heart Challenge programs!

- KHC socks have Max, our heart hero therapy dog, who visits kids with special hearts with heart hero, Amor! [Meet Amor and Max!](#)
- AHC socks are glow in the dark and are earned when students complete Finn's Mission and Learn Hands-Only CPR! [Learn about heart hero, Finn, and his heart journey!](#)

♥ December 10 – Nobel Prize Day

Many Nobel Prize winners have a STEM background. [Learn more about STEM](#) and watch this [career pathing video on a US Marine Corps](#) career (spotlight on Mason and Michael, brother and father, to heart hero, Finn!)



- ♥ **December 11 – National App Day** Download the free Kids Heart Challenge App for [Apple](#) or [Android](#) or American Heart Challenge App for [Apple](#) or [Android](#)

♥ December 21 – World Peace Day

Take a moment of mindfulness with a [2-minute video of the Statue of Liberty](#) in NY or a quick [mindfulness video](#)



- ♥ **December 26 – National "Thank You Note" Day** [I'm Grateful For...](#)



Additional December Resources

- ♥ December Newsletter and Healthy Recipe [English](#) [Spanish](#)
- ♥ Parent Newsletter: Sodium [English](#) [Spanish](#)
- ♥ [Seasons of Eating](#) (Check out the Winter Recommendations)
- ♥ [Dance Video – Beginner “Daisies”](#) (Perfect for Indoor Physical Activity with the whole family!)
- ♥ [Stress Management](#)
- ♥ [Tobacco Free Toolkit](#)
- ♥ [Life’s Simple 7](#)

If you haven’t jumped on board yet with Kids Heart Challenge or American Heart Challenge, join thousands of schools just like yours today!

Visit www.heart.org/schools to sign up today!



- ♥ We are excited to share our **Kids Heart Challenge Road Trip Across America** theme this year! Your students will learn about the 50 states, Puerto Rico, Guam and the state capitals while supporting your teachers and families with whole-child supporting resources!
 - [Here’s a quick preview](#)
 - [Here is what your peers are saying about our program.](#)



- ♥ Our **American Heart Challenge program, Glow with Heart**, for middle and high school students will focus on making students feel good, socially and emotionally, while also making a difference in their communities! Focused resources on vaping, hands only CPR and the importance of sleep
 - Here’s a [quick hands only CPR activity sheet](#) which you can share with your classroom teachers now!