

Jump Rope for Heart

**Hey Kids!**

**Read the message below to partake in the Virtual Jump Rope for Heart, as well as some fun activities each week for the next month! We are on week two now!**

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| **Join us for #VirtualJump!**  Starting Monday, May 25, Heart & Stroke is sharing free, downloadable activities for families to do at home together. Each week will focus on a different EASY healthy habit  **The goal is 100,000 kids helping kids and learning healthy habits at home.**  To begin receiving weekly activities throughout the month of June, join us!  [**Join Us**](https://can01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fsupport.heartandstroke.ca%2Fsite%2FR%3Fi%3DehPb79iP-rh68ButmgEpzg&data=02%7C01%7CAllison.Tadey%40lethsd.ab.ca%7C8d425c2d745f43e48f6408d7fccc07bf%7C3c0e8b63e64e4c8da40f1d213b670472%7C0%7C0%7C637255825614430218&sdata=V30DDbmLtnqLZodtkkEFF4sK66XUlu6aqIrFn3iqT6I%3D&reserved=0) |

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If you sign up for #VirtualJump, you will get some free activities from Heart & Stroke sent to you at home! Each week will focus on a different **EASY** healthy habit. We will also give you some activity ideas here, too!

For this second week, **A** is for **A**ctive for 1 hour or more

To help you get moving, check out these websites for some activity options:

**Move to Learn:** <https://www.youtube.com/channel/UCuPUdEctaIgaEexj3ZFjkiQ>

**Cosmic Kids Yoga:** <https://www.youtube.com/user/CosmicKidsYoga>

**Stand Up Kids:** <https://standupkids.org/movement-break/>

You can use the Exercise Tracker document on the Grade Four website to track your daily activity this week! Let’s get moving!