**10 Day Email Series to Parents and Kids**

Day 1

* Daily Activity: [Get the Whole Family Moving at Home](https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-move-more-anytime-anywhere) , [Dance it out](https://www.youtube.com/watch?v=0j2zMXXLe7Y)
* Recipe: [Berry Nuts Granola Bars](https://recipes.heart.org/en/recipes/berry-nuts-granola-bars) and [Homestyle Chicken Noodle Soup](https://recipes.heart.org/en/recipes/chicken-noodle-soup)
* Parent Tip of the Day: [Physical Activity Recommendations for Kids](https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-children)

Day 2

* Daily Activity: [Heart Hero Moves](https://www2.heart.org/site/DocServer/DS-14880_AHA_2018_Heart-Heroes-heart-hero-moves.pdf/673239072?docID=5293&verID=2)
* Recipe: [Ranch Chive Popcorn](https://recipes.heart.org/en/recipes/ranch-chive-popcorn)
* Parent Tip of the Day:  [Limit Screen Time](https://www.heart.org/en/healthy-living/fitness/getting-active/limit-screen-time-and-get-your-kids-and-the-whole-family-moving)

Day 3

* Activity: [Heart Facts](https://www.youtube.com/watch?v=2PFWpd_pxm8)
* Recipe: [Chunky Marinara with Pasta](https://recipes.heart.org/en/recipes/chunky-marinara-with-pasta--seared-chicken) and [Tropical Fruit Smoothie](https://recipes.heart.org/en/recipes/tropical-fruit-smoothie-bowl)
* Parent Tip of the Day: [Take Action to Control Stress](https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/take-action-to-control-stress)

Day 4 Theme Jump

* Daily Activity: [Jumping Rope Skills](https://www2.heart.org/site/SPageServer?pagename=khc_resources_jump_skills_videos)
* Recipe: [Vegetarian 3-bean Chili](https://recipes.heart.org/en/recipes/slow-cooker-turkey-and-black-bean-chili-or-vegetarian-3-bean-chili)  and [Sweet and Spicy Veggie Dip](https://recipes.heart.org/en/recipes/sweet--spicy-mustard-dip-with-veggie-dippers)
* Parent Tip of the Day: [When is the best time of day to exercise?](https://www.heart.org/en/healthy-living/fitness/fitness-basics/when-is-the-best-time-of-day-to-work-out)

Day 5:

* Daily Activity: [Homework with Heart](https://www2.heart.org/site/SPageNavigator/khc_resources_homework_with_heart.html)
* Recipe: [Slow Cooker Barbeque Chicken](https://recipes.heart.org/en/recipes/slow-cooker-barbeque-chicken-or-pork) and [Frozen Yogurt Pops](https://recipes.heart.org/en/recipes/homemade-frozen-yogurt-pops-with-peaches)
* Parent Tip of the Day: [How to Boost Willpower](https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/how-to-boost-willpower-infographic)

Day 6

* Daily Activity: [Wacky Word Games](https://www2.heart.org/site/DocServer/DS-15107_AHA_2019_Heart-Heroes-wacky-word-games_02kk.pdf/1597564821?docID=5298&verID=3)
* Recipe: [Peanut Butter Banana Protein Bars](https://recipes.heart.org/en/recipes/peanut-butter-banana-protein-bars) and [Tuscan Bean Soup](https://recipes.heart.org/en/recipes/tuscan-bean-soup)
* Parent Tip of the Day[: Better Your Sleep Routine](https://www.heart.org/en/healthy-living/healthy-lifestyle/sleep/how-to-sleep-better-with-a-bedtime-routine)

Day 7

* Daily Activity: [Get Cooking!](https://recipes.heart.org/en/collections/lifestyles/kid-friendly)
* Looking for more fun?  [Fruit and Veggie Toolkit for Kids](https://www.heart.org/en/healthy-living/healthy-eating/add-color/fruit-and-veggie-toolkit-for-kids)
* Recipe: [Avocado Pesto Dip](https://recipes.heart.org/en/recipes/velvety-avocado-pesto-dip) and [Raspberry Lemonade Slushy](https://recipes.heart.org/en/recipes/raspberry-lemonade-slushie)
* Parent Tip of the Day: [How to Sneak in More Vegetables](https://www.heart.org/en/healthy-living/healthy-eating/add-color/sneaking-more-vegetables-into-meals) , [Fresh, Frozen and Canned Can All be Healthy](https://www.heart.org/en/healthy-living/healthy-eating/add-color/fresh-frozen-or-canned-fruits-and-vegetables-all-can-be-healthy-choices)

Day 8:

* Daily Activity:  [Heart Hero Puppets](https://www2.heart.org/site/DocServer/DS-15107_AHA_2019_Heart-Heroes-inspire-heart-healthy-hab.pdf/1873150854?docID=5295&verID=3)
* Recipe: [Raspberry Chocolate Mini Macaroons](https://recipes.heart.org/en/recipes/raspberry-chocolate-mini-macarons) , [Turkey Sliders](https://recipes.heart.org/en/recipes/turkey-sliders-with-avocado-mushrooms-and-swiss-cheese)
* Parent Tip of the Day: [Fight Stress with Healthy Habits](https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/fight-stress-with-healthy-habits-infographic)

Day 9:

* Daily Activity: [Tips to Keep Your Whole Family Active](https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-get-your-family-active)
* Recipe: [Sweet and Sour Chicken](https://recipes.heart.org/en/recipes/sweet-and-sour-chicken) and [Southern Cornbread](https://recipes.heart.org/en/recipes/southern-cornbread)
* Parent Tip of the Day: [Meditation](https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/loving-kindness-meditation-infographic)

Day 10:

* Daily Activity: [Set Your Fitness Goals](https://www.heart.org/en/healthy-living/fitness/staying-motivated/set-your-fitness-goals)
* Recipe: [Greek Seven Layer Dip](https://recipes.heart.org/en/recipes/greek-seven-layer-dip), [Texas Caviar](https://recipes.heart.org/en/recipes/texas-caviar)
* Parent Tip of the Day: [Celebrate Fitness Success](https://www.heart.org/en/healthy-living/fitness/staying-motivated/celebrating-your-fitness-success)
* Additional activities / resources to help with the remaining days schools are closed
	+ Kids:
		- [NFL PLAY 60: Huddle Up and Get Moving!](https://aha-nflplay60.discoveryeducation.com/field-trip.)
		- [Heart Hero Coloring Sheets](https://www2.heart.org/site/DocServer/Coloring_Book_v3.pdf/1419176201?docID=5420&verID=2)
		- [Get Moving with the PLAY 60 app](https://www.heart.org/en/professional/educator/nfl-play-60/download-the-nfl-play-60-app)
	+ Parents
		- [Take Time for Yourself](https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/busy-parents-and-caregivers-must-care-for-themselves)
		- [How Food and Mood Pair Up](https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/food-and-mood)
		- [How to Keep Fruits and Vegetables Fresher Longer](https://www.heart.org/en/healthy-living/healthy-eating/add-color/keep-fruits--vegetables-fresher-longer)