

Join us for Wellness Week

1. Register <http://www2.heart.org/goto/CheyenneEagleButteUpperElementary>
2. Complete Finn's Mission
3. Follow the Daily Links for a fun family activity



SCAN THE QR CODE WITH
YOUR CELL PHONE!



MONDAY

Feb. 12

Team Jersey or Hat Day

Be a leader like Buster and register today ([Scan URL](#))

Let's get this party started by busting a move with [BUSTER](#) and [BOLT!](#)

Play a game of Heart Healthy BINGO [here](#).

TUESDAY

Feb. 13

Wear Pajamas or Green

Not too late to register online and help your school ([Scan URL](#))

Shine like the [STAR](#) you are!

Keep your heart and brain healthy by getting at least 10 hours of sleep each night with Star!

Click this [activity](#) to learn how to be heart healthy.

WEDNESDAY

Feb. 14

Stayin' Alive Day.
Wear RED or HEARTS

Last chance to play a part in keeping your community safe! [Scan URL](#) to complete Finn's mission.

Learn Hands-Only CPR with [BEAT!](#)

Check out this [VIDEO](#) to see how Kids Heart Challenge is making

THURSDAY

Feb. 15

Dress like your future self or wear PURPLE

Have you watched the Stroke video? [Scan URL](#) and complete the Finn's Mission steps today!

Learn more about [STEM](#) and how science and technology help

FRIDAY

Feb. 16

Wear TIE DYE or Blue

Share Hands only CPR as part of Finn's mission with 10 people ([Scan URL](#))

Let your Tru colors shine bright by being kind and being you! Be Like [TRU](#) and make a [SPLASH](#).

Every meal should have a Splash of color!

Click [here](#) to register to receive a free cookbook.

