

Name \_\_\_\_\_



SHAPE America and the American Heart Association collaborate on the Jump Rope For Heart and Hoops For Heart programs.

# In-Class Assignment: Register and Send E-Cards

Hey, kids, are you ready to join **the Zoo Crew** and do your part for heart health? Your first step is to register online. Check off the steps below as you complete each one.

## Sign up.

- Start at [heart.org/jump](http://heart.org/jump) or [heart.org/hoops](http://heart.org/hoops). Find your school using the drop-down menu and then join your school's team.
- Create your login and fill out your profile. Write down your username and password here

\_\_\_\_\_ my username      \_\_\_\_\_ my password

- Set your fundraising goal and add your T-shirt size.
- If your parents have given permission, when you get to the waiver click "I Agree" to accept it.

You're now registered! Click "Continue" to go to your **Zoo Crew HeadQuarters**.

## Send e-cards to challenge friends and family to develop heart-healthy habits.

- On your Zoo Crew HeadQuarters page, click on the image below "Zoo Crew E-Card Challenge."
- Ready to make your e-card? Choose your character and background.\*
- Choose a heart-health challenge. Your choices are to be physically active for 60 minutes each day, choose water over sugary drinks, or eat at least one serving of fruits or vegetables at every meal.
- Write a message or use the one provided.
- Add the email addresses that your parents gave permission for you to contact and send your card.

That's it! Sending e-cards is a great way to spread the message of heart health and unlock fun surprises in your **Zoo Crew Expedition** map.

**\*Teacher** Students can add their own photos to their e-card characters. With parents' permission, help students add the photos after they select their card's character and background. If no photos are available, students can skip to the next step.




**Don't forget these heart-smart habits:**

- eat plenty of fruits and veggies
- choose water over soda
- get physical activity every day
- avoid tobacco and e-cigarettes
- watch out for too much sodium

### Meet the Zoo Crew!



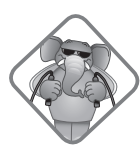
As you complete your e-card challenge, look for clues to identify the Zoo Crew characters below. Shade in each correct answer.

Which character has a roar that can be heard from five miles away?








*He loves to roar about heart health!*

Which zoo pal puts a fun "spin" on eating fruits and veggies at every meal?








Which Zoo Crew member can stay underwater for up to 20 minutes?

*He keeps his heart and lungs strong by staying far away from cigarettes and tobacco products.*

Which zoo friend works to "chop" sneaky sodium from foods?



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## Dear Families,

Our school is making a difference for heart health! With your permission, we will help your child register online for Jump Rope For Heart or Hoops For Heart and send e-cards to challenge friends and family to develop healthy habits. Once your child is registered, you and your child can sign in at home any time to check his or her fundraising progress and send more e-cards—or share them on Facebook—to spread the message of heart health and help your child unlock fun surprises.

We'll need just a few pieces of information to get started.

1. Choose one security question for your child to use in case of a forgotten password, and write in the answer:

- What is your mother's maiden name? \_\_\_\_\_
- What is your favorite restaurant? \_\_\_\_\_
- What is your favorite sports team? \_\_\_\_\_
- Who is your childhood hero? \_\_\_\_\_
- Who is your favorite celebrity of all time? \_\_\_\_\_

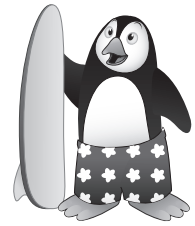
Pick one that you and your child will be able to answer easily.

2. What email address should your child use to receive updates on his or her Jump/Hoops fundraising efforts?

3. This can be your email address or your child's email address. \_\_\_\_\_

4. What is your child's T-shirt size?

- |                                       |                                       |                                    |
|---------------------------------------|---------------------------------------|------------------------------------|
| <input type="checkbox"/> youth small  | <input type="checkbox"/> adult small  | <input type="checkbox"/> adult XL  |
| <input type="checkbox"/> youth medium | <input type="checkbox"/> adult medium | <input type="checkbox"/> adult 2XL |
| <input type="checkbox"/> youth large  | <input type="checkbox"/> adult large  | <input type="checkbox"/> adult 3XL |



I represent that I am the parent or guardian of a child who intends to participate in the American Heart Association's Jump Rope For Heart/Hoops For Heart program. I agree and acknowledge that my child may participate in Jump Rope For Heart/Hoops For Heart and the on-line fund raising program. This site allows participants to track their individual & team's progress while having access to the AHA's educational and fundraising resources. My child has the option of including a photo and/or video on their site as well as sending out e-mails to family and friends in support of their participation with Jump Rope for Heart/Hoops For Heart.

I further confirm that I agree with the terms of the parent permission form for this event, and that I acknowledge the Direct Notice to Parents and Children's Privacy Statement at [http://www.heart.org/HEARTORG/General/Privacy-Policy\\_UCM\\_300371\\_Article.jsp#V3wHD00UXcs](http://www.heart.org/HEARTORG/General/Privacy-Policy_UCM_300371_Article.jsp#V3wHD00UXcs).

DATA PRIVACY: The AHA values your privacy and commits to protecting all information you give us. By agreeing to these terms, you are also agreeing to our Privacy Policy explained at [www.Heart.org/Privacy](http://www.Heart.org/Privacy).

I will sign the parent permission form and give to the school coordinator. The parent permission form is part of the collection envelope.

I have read this information and grant permission.

I do not grant permission.

\_\_\_\_\_  
parent/guardian signature

\_\_\_\_\_  
date

Help your child get started. Please list the email addresses of friends and family who'd appreciate receiving a heart-health challenge e-card from your child:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please sign this form and return it to your child's teacher by \_\_\_\_\_

date