



Big hearts, big smiles, staff challenge

Big Heart Appeal

The '*Big hearts, big smiles, staff challenge*' encourages educators to focus on their heart health while inspiring tamariki to learn about wellbeing. Staff complete a Heart Health Star Chart with fun daily or weekly activities, promoting physical, mental, and nutritional wellness.

Each educator earns a star when they complete one of the following activities:

- **Try or share a new recipe or food** – something heart-healthy or new to you, and share it with your colleagues or tamariki.
- **Do a mindful activity** – take time for deep breathing, journaling, or meditation.
- **Plan and do a physical activity with the tamariki** – such as dancing, yoga, or a fun outdoor game.
- **Drink plenty of water** – aim to refill your water bottle at least once to stay hydrated throughout the day.
- **Understand your pulse** – your pulse can tell you a lot about your heart. Learn more to find out what your resting pulse is and why it is important for heart health.
heartfoundation.org.nz/understanding-your-pulse

Challenge Instructions:

1. Create and display a simple star chart

Title the chart "*Our big hearts, big smiles, staff challenge!*" and add each staff member's name. Place star stickers next to completed activities.

2. Team Involvement

Invite the children to sponsor their kaiako and educators who they think will complete all the tasks. They can make simple coin pledges to raise funds for Big Heart Day.

3. Reflection and Sharing

During mat time, educators share what they tried, learned, or discovered about heart health. This models lifelong learning and wellbeing for the children.

4. Celebration

At the end of the challenge period, celebrate your collective achievements with whānau through your newsletter – share recipes and success stories. Present certificates to star-chart finishers.

Optional Additions:

- **Photo Wall:**

Take photos of staff completing their activities to create a *Healthy Heart Heroes* display.

- **Heart Health Fact Corner:**

Add fun daily facts about heart health for educators and tamariki to discuss.

- **Mini Prizes:**

Offer small incentives for participation (e.g. fruit baskets, water bottles, or extra break vouchers).

