

Nellie and Ellie's Heart Week Adventures

All Hearts On Deck



TEACHER RESOURCES

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Dear Teachers,

Thank you for choosing to share *Nellie and Ellie's Heart Week Adventures: All Hearts on Deck* with your students. Your willingness to open conversations about health, kindness, and inclusion makes a meaningful difference in the lives of the children you teach.

This activity guide was created to support you as you explore Heart Week in a way that feels engaging, age-appropriate, and reassuring. Through simple discussions, creative activities, and thoughtful moments of reflection, these resources build on Nellie's story to help students better understand Congenital Heart Disease (CHD) while also reinforcing the importance of empathy, self-care, and kindness toward others.

Thank you for the important work you do every day and for helping children learn that compassion is just as vital as knowledge. I hope these activities spark meaningful conversations, joyful learning, and a deeper sense of connection in your classroom.

If you have any feedback on what was helpful or improvements we can make, please don't hesitate to e-mail us at chdtablettalk@gmail.com

With Heart,
Faith Brackett, B.Ed
CHD Tablet Talk Foundation Founder & President

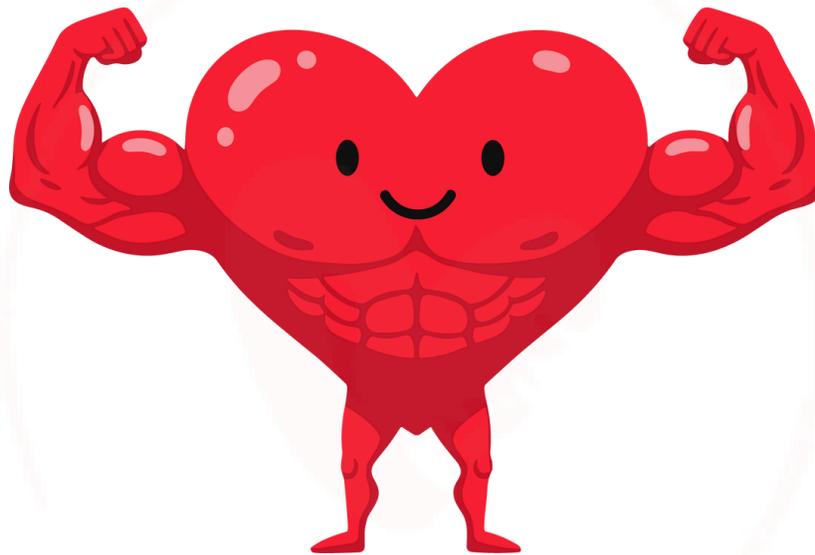


Activity 1: Wear Red!



How to: Choose a day (or celebrate alongside the *American Heart Association's* nationally recognized day each year) and encourage everyone in your classroom to wear red. Wearing red serves as a powerful symbol for heart health awareness while also showing support for all affected by heart disease. This is also a great time to talk about how heart disease can affect anyone, at any age, and steps that everyone can take to keep their hearts healthy.

Activity 2: Heart Health Posters/Activities

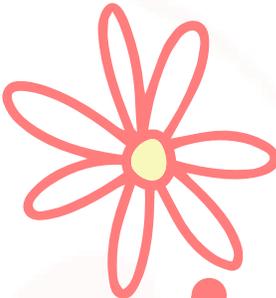


How to: In the book there are several things listed that people can do to keep their hearts healthy.

There are a couple ways to do this activity:

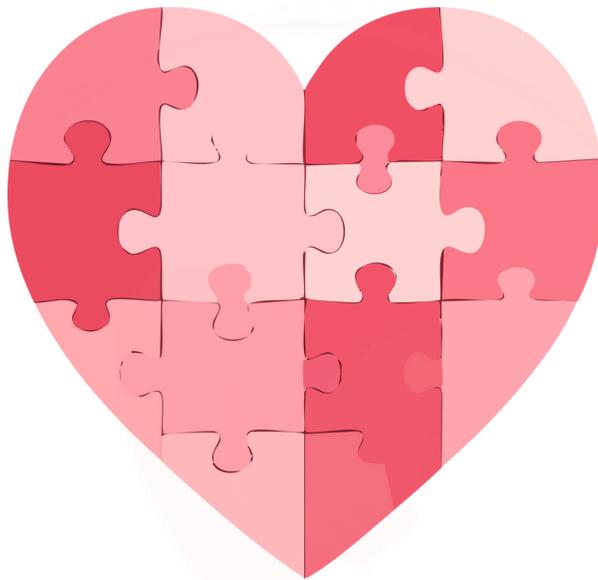
1. Instruct students to make posters to hang around the school or your classroom
2. Lead them in a deep breathing, a short exercise, or other heart healthy activities.

Activity 3: Kindness Wall

Be 
Kind. 

How to: Instruct students to write or draw something on a poster board that reminds them of kindness. Remind them to all work together!

Activity 4: Classroom Hearts



How to: Cut out a heart on construction paper for each student and then instruct them to write their name and some things that make them, them. It could be a favorite hobby they have, an animal they own, whatever they'd like to be. Then display all of the hearts together. It will symbolize that while all hearts are different, they all matter!

Service-Based Activity Cards of Encouragement



How to: Have students write a card of encouragement for another child who is in the hospital. One of our programs at *CHD Tablet Talk Foundation* is our Cards of Encouragement Program, which sends cards to cardiac children in the hospital. Visit www.chdtablettalk.org/getinvolved.