



Spirit Boosters

Empower students to set goals and work together to achieve them.

Goal-setting is a life skill that students can apply in the classroom and beyond to help increase motivation, confidence and satisfaction. Spirit Boosters are a great way to help students define clear goals and an action plan for achieving them.

Pick a Spirit Booster to:

Teach goal-setting

and action-planning to show students what they're capable of!

Inspire teamwork

as students work together towards a common school goal.

Grow community

by engaging intermediate students or parent volunteers.

Boost participation

with shared experiences and rewards for your school to celebrate success.



Share your Spirit Booster

#JumpRopeForHeart   @HeartandStroke

Boost school spirit, teamwork, and fun!

Start by deciding which Spirit Booster is right for your school and set a school goal. Pick from any of the rewards presented here or dream up your own!

Here's how:

1 Pick your Spirit Booster: and set a related school goal. Consider involving students in this decision!

Spirit Boosters	School Goals
Goal Getter	<ul style="list-style-type: none">• If school raises <\$> online• If your school raises more than last year
Team Titan	<ul style="list-style-type: none">• If <#> students fundraise online• If <#> classes fundraise

3 Share your school's Spirit Booster on social media by tagging **@HeartandStroke** and using **#JumpRopeForHeart** to inform parents, inspire others, and make our hearts jump for joy!

2 Pick your reward: We've offered some ideas, but the possibilities are yours to explore. Enjoy the reward now or save it until schools reopen.

Reward Ideas
<ul style="list-style-type: none">• Students eat lunch in the staffroom
<ul style="list-style-type: none">• Teachers kiss a goat
<ul style="list-style-type: none">• Principal gets slimed
<ul style="list-style-type: none">• Healthy lunch party for students
<ul style="list-style-type: none">• An extended or extra recess
<ul style="list-style-type: none">• Teachers get mummified with toilet paper
<ul style="list-style-type: none">• Students vs. teachers sports game or outdoor activity
<ul style="list-style-type: none">• Principal gets pied
<ul style="list-style-type: none">• Students tape teachers to the wall
<ul style="list-style-type: none">• PJ day or other dress-up day for students

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