JRFH & HFH Ideas for Success

Kick-Off Event

❤️ A kick-off event before or during the Jump Rope For Heart event is a great way to promote your event.

❤️ Use last year's top student donator as an Ambassador for Jump Rope For Heart or Hoops for Heart in your event. This student can tell of his or her experiences and keys to success in a kick-off assembly or event information.

❤️ The school staff and every student jump at the same time for 20 minutes. Every student and staff member writes a name on a paper heart of the person he/she is jumping in honor of. We put all the hearts on a bulletin board.

❤️ Have kick-off assemblies to start the event, with small prizes doled out for correctly answering heart questions, and we have the teachers demo their skills, Harlem Globetrotter style, to loud music, at the assembly.