

Asking for Donations – You can be a Heart Hero!

Help pay for new medicines and treatments to be discovered. You'll also get to have fun and learn about your own heart – how it works and how to protect it!

Asking friends and family for donations is more fun if you tell people why you are doing Jump Rope For Heart – why you want to be a Heart Hero! Here's a worksheet you can use to help you.

Hi, my name is _____ and I'm in ____ grade at
_____ Elementary School. I'm raising money for the American Heart Association through Jump Rope For Heart. Jump Rope For Heart raises money to help kids with special hearts. The money I raise will help pay for new medicines and treatments to be discovered. It could help cure heart disease – for everybody!

Will you please help me be a Heart Hero? When you give money you can help kids with special hearts! Will you please help me save lives and make a donation? Thank you!

If you want to write your own speech, just fill in the blanks below!

- ★ *Jump Rope For Heart raises money to help kids by....*
- ★ *Doing Jump Rope For Heart makes me a hero because...*
- ★ *I am doing Jump Rope For Heart with my friends and we are going to learn about...*