



Spirit Boosters

What is a Spirit Booster?

A spirit booster is an achievable goal you can set to encourage participation and fundraising throughout Jump Rope for Heart. Your spirit booster can be school wide, a classroom competition or an individual reward.

Here's how you can create a spirit booster:



Pick a goal.

Your goal should be realistic but still help your school achieve maximum success.



Pick your reward.

As students work together towards a common school goal.



Celebrate your success.

You can celebrate on your event day or any date after your Jump event concludes.



Share your Spirit Booster

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Spirit Booster Ideas

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



School Wide Goals:

- If we raise x
- If x number of students sign up online
- If we raise more than we did last year
- If x number of students track healthy habits

School Wide Rewards:

- Extended recess
- Pajama day
- Movie day
- Principal sings over the intercom
- Duct tape teacher to a wall



Class Goals:

- Top fundraising class
- Top healthy habit tracking class
- Top class with registered participants

Class Rewards:

- Class game day
- Class scavenger hunt
- Class picnic



Individual Goals:

- Top fundraising student
- Entries for fundraising x amount
- Best Healthy Habit Tracking

Individual Rewards:

- Principal for a day
- Pie a teacher in the face
- Pick a prize from the Heart and Stroke Mystery Prize Pack

More ways to participate:

- Bring in \$5 or less on event day and get a raffle ticket to win a prize from the Heart and Stroke Mystery Prize Pack.
- Sign up online and enter a draw to run gym class for a day.



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