MAKE A HEART HERO BOOKMARK

Students will be reminded of the importance of heart health each time they return to their reading.

What you need:
• 6" square of paper
• paper scraps
• crayons or markers
• glue

Directions:
1. Lay paper flat.
2. Fold.
3. Fold.
4. Fold.
5. Unfold.
6. Fold.
7. Fold and tuck.
8. Fold and tuck.
9. Turn.
10. Decorate!

Good Habits Are the Key to Good Health!
1. Add color to your plate with fruits and veggies.
2. Move more.
3. Avoid tobacco and e-cigarettes.
4. Help others.
5. Be ready.
6. Be kind.

Sofie
Add Color
Knox
No Tobacco
Perrie
Be Ready
Sunny
Move More
Nico
Be Kind
Crush
Help Others

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